Langtang Gosaikunda Helambu trek- 15 days



Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1050	15 Days	4,380m	6-7 hours	Hotel & Lodge	Moderate
	Group Size:				
	2-15 max				

Overview

Langtang Gosaikunda Helambu trek is a less crowded trek in the Langtang valley. It takes you to a beautiful alpine hilly area with snow capped mountain views inside the Langtang National park one can find alpine wildflowers with varieties of wild animals like Himalayan black bear, musk bear, Himalayan wild goat, snow leopard.

During the Langtang Gosaikunda Helambu trek you arrive at a sacred lake called Gosaikunda after a challenging ascend and many domestic and foreign tourists visit the Lake. It holds special significance for Hindus and Buddhist.

The biodiversity of Langtang Gosiakunda Helambu trek makes you more engaging for the travelers. You come to Sherpa and Tamang people and get familiar with their culture. Helambu valley is another destination which comes after crossing the Laure Bina pass. From Ama yangri the views of Langtang Lirung, Shishapangma, Dorje Lakpa, La Shisha, Numbur and Jugal mountains is seen clearly.

Langtang Gosaikunda Helambu trek also offer to visit Buddhist monastery, prayer flags, forests of oaks, rhododendron and striking villages completes the unbeatable experience with Langtang, Helambu and Gosaikunda trek in Nepal. Best seasons for this trek are October, November, December, January, February, March, April and May.

If you have already done Langtang Gosaikunda Helambu trek ,then we some best selling trips for you;

Best Everest base camp trek, Wonderful Annapurna circuit trek, Wild Gokyo lake trek, Mesmerizing Ghorepani poonhill trek, Delightful Pikey trek might be your next favorite travel destination in Nepal.

Trip Highlight

Visit a mythological lake , Gosainkunda

Observe beautiful lantang national park and red panda

Amazing view of many mountains around Langtang region from Tserko ri (5000m)

Visit biggest cheese factory of Nepal surrounded by glacier

Observe typical tamang as well as Tibitean culture in this region

Itinerary

Day: 01 Arrival in Kathmandu

Welcome from the Tribhuvan International Airport we will be there just before your arrival time and drive you to our hotel in Kathmandu. Overnight in Kathmandu.

Accommodation: 3-star hotel
Meals: No
Duration: 1 dayDay
Day: 02 Drive to Syabrubesi

Today we will take you for a drive through Trishuli bazaar and passing small villages, river valley and mountains to arrive at Syabrubesi. Overnight in Syabrubesi.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days
Day: 03 Syabrubensi to Lama hotel

Today you trek through the forested path and climb an hour to reach Bamboo. Then climb upstream and see the natural habitat and climb again through bamboo forest to reach Lama hotel. Overnight in Lama hotel.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 04 Lama Hotel to Langtang village

Today you have a pleasant walk of rhododendron and pine forest and arrive at Ghora tabela then walk along a scenic trail to Langtang village. It was hit by an earthquake and later reconstructed in some parts. Overnight in Langtang village.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 05 Langtang velley to Kyenjin Gompa

Today you walk up to a monastery of Kyajin Gompa and see mountain views and visit Yala cheese factory. Overnight in Kyanjin gompa.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 06 Hike to Kyenjin Ri

Today you hike above at a ridge called Kyanjin Ri. It unfolds views of Langtang Lirung, Langtang Himal, Ganja La, Yala mountains.Overnight in Kyanjin.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 07 Kyenjin re to Ghora Tabela

Today you head back to the forested area and arrive at Ghora tabela. Overnight near Ghora tabela.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 08 Ghora tabela to Thulo Syabru

Today you climb to Upper Rimche and down along Langtang river and then cross a bridge to arrive at Bamboo

village. Then from the lodge you ascend up to after crossing a river to a village of Thulo Syabru. Overnight in Thulo syabru.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 09 Thulo Syabru to Gosainkunda

The trek moves to Dursagang and forest of oak, hemlock and reach Cholang pati. Then cross the Laure bina pass and arrive at Gosaikunda with backdrops of Hiunchuli, Manaslu, Ganesh Himal. There are many lakes in the Gosaikunda lake area like Bhairavkunda, Saraswati kund. Overnight near Gosaikunda lake.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 10 Gosainkunda to Ghopte

Today after crossing moraines and lakes you come to Suryakunda and down to National park post to phedi and past the bamboo scrubs to Dupichaur and then arrive Ghopte. Overnight in Ghopte.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 11 Ghopte to Tharepati

From Ghopte you ascend up and down along the moraine and again walk up to Tharepati village. Overnight in Tharepati.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 12 Tharepati to Gulbhanjyang

Today from the forested path you come to Phangu. Then descend the forested path giving Kutumsang view. Then the trail continues downhill to Gulbhanjyang. Overnight in Gul Bhanjyang.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 13 Gulbhanjyang to chisapani

Today the trek goes through a forested path to Thodang betini and Chipling and then heads to Pati Bhanjyang and

then proceeds towards Chisapani. Overnight in Chisapani.ac

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 14 Chisapani to Sundarijal and drive too Ktm

From Chisapani and along the hill station the trek continues to the forest area to Borlang Bhanjyang. Pass army check post and Shivapuri with a permit walk to Mulkharka and descend forest path to the water power project of Sundarijal. Then after departing with guides and porters. You drive to hotel in Kathmandu. Overnight in Kathmandu.

Accommodation: 3-star hotel
Meals: B/L/D
Duration: 5-6 hours Days

Day: 15 Departure day

You have closed Langtang Gosaikunda Helambu trek in Nepal. We will pick you up and drop you off at the airport to catch an onward flight home.

Meals: Breakfast

What are included?

All ground transportation

All accommodations during the trek at hotels, lodges including breakfast.

All meals (B/L/D) during the trek

Government license holder guides

Langtang entry permits fees, trekking permits

Souvenir of the trek

Guides and porters expenses including meals, insurance, salary, lodging, transportation

Porters service

Snack and seasonal fruits

Farewell dinner

Certificate of Completion

Government taxes , VAT, service charges

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol, telephone call, batteries

Travel insurance

Tips for guides and porters

Any donations and monument entrance fees.

All costs not included in “COST INCLUDES” section.