

Langtang Gosaikunda Helambu Trek



Trip Overview

This journey leads travelers to the astonishing valley of Langtang. The valley is decorated with indigo-colored mountains lakes, and gigantic and snowcapped mountains. The region is unspoiled and offers trekkers a mesmerizing view and experience. The area lies to the north of Kathmandu Valley in the Himalayan region. The valley is blessed by Mt. Langtang Lirung (7246 m), the tallest peak in this region. Some of the famous peaks of this region are Langtang Luriung (7,234 m/ 23,734 ft.), Langtang Ri (7,205 m/ 23 638 ft.), Dorje Lakpa (6,996 m/ 22,854 ft.) and much others. Langtang National Park established in 1976 AD as the foremost Himalayan National park offers a variety of fauna and floras, blooming rhododendron, and bamboo. Some of the rare and endangered species like Red pandas and other animals are the true blessing of the Langtang region. A glimpse of these beauties is one of the vigilant moments and captures.

Our exploration in the Langtang region includes Kyanjin Gumpa (3800m), the Sherpa locality, and the Cheese factory. We can find the finest quality cheese in Langtang made from Yaks. People from this region are well known for their kind gesture and hospitality. Sherpa's tradition, their unique culture, and lifestyle revive every traveler's curiosity. The 360-degree mountain views are truly spectacular and amazing.

Further exploration of the Gosaikunda Lake at the elevation of 4,380 m (14,370 ft.) carries both religious and natural importance. This lake holds the religious values of the Hindus and Buddhist pilgrims. In a literal theology, Gosaikunda Lake was formed after Lord Shiva took the poison. The other beautiful lake in the region is Bhairava Kunda.

Our other destination Helambu offers plenty of opportunities to study Tibetan Buddhist culture. The main inhabitants here are Sherpa and Tamang. This region starts from Laurbina La Pass (4,610 m / 15,120 ft.) and falls to the Melamchi valley. Helambu is popular for sweet apples and Buddhist monasteries and pilgrimage sites. The best time to travel to Langtang Gosaikunda and the Helambu region is from October to May. The trek is in the moderate range. Trekkers with good physical condition of age above 10 years old can attain this journey.

Trip Itinerary

- Day 1 - Arrive at Kathmandu Airport, Transfer to Hotel
- Day 2 - Drive from Kathmandu to Syabru Bensi (1,462m/4,795ft) Duration: 7 hours
- Day 3 - Trek from Syabru Bensi to Lama Hotel (2,500m/8,200ft) Duration: 5 hour
- Day 4 - Trek onwards Lama Hotel to Mundu (3,550m/11,645ft) Duration: 5-6 hours
- Day 5 - March from Mundu to Kyanjing RI (4,773m/15,655ft) and fall back to Kyanjing Gumpa (3,798m/12,495ft) Duration: 7-8 hours
- Day 6 - Exploration of Kyangjuma Gumpa and hike Chorkari RI (5,050m/16,564ft) Duration: 7 hours
- Day 7 - March from Kyanjin Gumpa up to the Lama Hotel (2,500m/8,200ft) Duration: 5-6 hours
- Day 8 - Hike from Lama Hotel to the Thulo Syabru (2,235m/ 7,330ft) duration: 5-6 hours
- Day 9 - Hike from Thulo Syabru to Shin Gumpa (3,330m/10,925ft) Duration: 3-5 hours
- Day 10 - Hike from Shin Gumpa to Gosaikunda (4,300m/14,104ft) Duration: 5-6 hours
- Day 11 - March from Gosaikunda to Ghopte (3,430m/11,250ft) via Laurebinayak Yak pass (4,610m/15,120 and ft.) duration: 6 hours
- Day 12 - March from Ghopte to Malemchigaon (2,560m/8,399ft) Duration: 6-7 hours

- Day 13 - Hike from Malemchigaon to Tarkeghyang (2,590m/8,495ft)
Duration: 5-7 hours
- Day 14 - Trek from Tarkeghyang on the way to Shermathang (2,610m/8,560ft) period: 3-4 hours
- Day 15 - Descend from Shermathang to Melamchi Bazaar head towards Kathmandu: 3 to 4 hours hike and 2 hours ride
- Day 16 - Escort to the Tribhuvan International Airport.

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit in case of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accommodation and equipments

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- Helicopter charter flight
- International Flight fare
- Lunch and Dinner in the city , extra night accommodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost

- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water

Gears and equipment

- upper Body

Warm Hat
Cap
Face Mask / Muffler
Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermal
T-shirts
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(lightweight long Pant)
Underwear
wind stopper/waterproof Pant
Fleece or woolen pants
Thin light/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- General

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for Camera and Flash Light
Hand Towel
Head lamp with extra Batteries

Sun Glasses with UV protection

Faqs

1. Where is Langtang region?

Langtang is located on the north side of Kathmandu. It the nearest point see the mountain from Kathmandu valley.

2. What is the best seasons to trekking in Langtang region?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.

3. What permit do I need for the trek to Langtang region?

We have to get a permit of Langtang national park entry permit .The entry permit costs around 1500 rupees (\$15) per person.

4. How safe is Langtang region trek?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency. We make the proper decision according the regular updated weather report, if there is any chances of big snow falls or stroms, we decide and do the action as per the situation.

5. How is the lodging and fooding facilities in Langtang trek?

Along the trail to Langtang Trek, there are well faciliated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. if you buy single supplementary package you will get single room.

6. Is there any Phone signal and internet wifi facility on the way?

Ncell signal doesnt work at all the places but in lodge/tea house we can get the internet wifi facility

7. What is the normal temperture in spring and Autumn season?

Spring season starts from March, but until third week of march temperture will still be cold even in day time. But actually temperture depends on weather, if weatheris mild temperture ranges from 10-15 Degree Centigrade.If the weather is clear, days will be warm.After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.