

1. Langtang Gosaikunda Helambu Trek

2. Overview

Enjoy the spectacular trek to divine Gosaikunda Lake located amidst scenic mountains inside Langtang Region. Traverse through the pristine alpine forests and varied landscapes along the Nepal-Tibet Border and take a plunge into one of...

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m Stay: Hotel

Welcome to Kathmandu City! Once you arrive in Kathmandu, you'll be warmly welcomed by one of our representatives at the airport. He will escort you to your hotel located at the heart of the city where you'll get to meet your trek guide and discuss the itinerary in detail. In the evening, you can choose to go out to shop for any needed gear or equipment.

Day 02: Sightseeing in Kathmandu Valley and trek preparation

Altitude: 1350 m Meals: Breakfast Stay: Hotel

A preparatory day, you and your guide will assess all the trek gear and equipment. Afterward, you'll embark on a scenic sightseeing tour of Kathmandu City. Accompanied by a tour guide, you'll get to witness some of the most popular UNESCO World Heritage sites around Kathmandu. The tour begins with a visit to Swayambhunath located atop the hill. You'll climb the 300+ steps to reach the Stupa that offers one of the best panoramic views of the city. Afterward, you'll drive towards Pashupatinath, a revered Hindu temple that is frequented by thousands of pilgrim every day. After exploring the site, you'll embark on a short drive towards Bouddha to witness the largest spherical Stupa in the world of Boudhanath.

Day 03: Drive to Sybrubensi

Altitude: 1500 m Meals: Breakfast/Lunch/Dinner Stay: Teahouse

After early breakfast at the hotel, you'll embark on a scenic road journey to northwest of Kathmandu. An 8hr drive will take you to Sybrubensi town located in Rasuwa district of central Nepal. Spanning almost 122km, you'll traverse along with the colorful towns and villages, massive Trishuli and Bhote Koshi Rivers en route to Sybrubensi. Once at Sybrubensi village, you can relax and prepare for the upcoming trek.

Day 04: Trek from Sybrubensi to Lama Hotel

Altitude: 2410 m Meals: Breakfast/Lunch/Dinner Stay: teahouse

After early breakfast, you'll prepare for the first day of the trek. You'll commence the trek at Sybrubensi and gradually advance along the forested trail and traditional villages en route to Lama Hotel. The trail advances north along the Bhote Koshi River and follows the upstream trail upstream towards Langtang Khola. You'll walk past lush Bamboo forest and Rimche village to reach Lama Hotel.

Day 05: Trek from Lama Hotel to Langtang village

Altitude: 3430 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Lama Hotel, you'll begin ascending uphill and make way towards Langtang National Park. The first Himalayan national park of Nepal, Langtang National Park is home to rich wildlife and vegetation. Although rare, you may spot the endangered Red Panda amidst the lush forests. You'll trek further and head towards Langtang valley via Ghoda Tabela village that offers the beautiful sights of Langtang Lirung, Tserko RI, and Shishapangma. You'll walk past Chyamki and Mundu villages to reach Langtang village located at the foothill of Langtang Lirung Peak.

Day 06: Trek from Langtang village to Kyanjin Gumba

Altitude: 3830 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Langtang village was heavily affected by the major earthquake of 2015, however, it has been rebuilt to its former glory by the locals. Today, you'll leave Langtang village and trek northward to a discreet Himalayan village of Kyanjin Gumpa. After completing the 3-4hr trek, you'll be surrounded by a jaw-dropping panorama of some of the majestic peaks in the region. The area mostly inhabited by Sherpa tribe. Overnights stay at Kyanjin.

Day 07: Day trip to Tserko RI |4,984m| back to Kyanjin Gumba

Altitude: 3830 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Kyanjin, you'll make a hike towards Tserko RI. Often referred to as Tserko RI, you may need to walk almost five hours from Kyanjin Gumpa to reach Tserko RI. You'll follow the trail north and take a detour to the left. A steep climb for 10 minutes will bring you to the top of Tserko RI from where you can enjoy the spectacular view of the surrounding mountains including mountains located inside Tibet. Afterward, you'll head down to Kyanjin Gumpa for the overnight stay.

Day 08: Trek from Kyanjin Gumpa to Lama Hotel

Altitude: 2410 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Today, you'll retrace your path and make your way back to Langtang Village. You'll begin trekking along the snow moraines to reach Langtang village. After a hot lunch, you'll make your way back to Lama Hotel via Mundu and Ghoda Tabela. Going down the trail you will catch the magnificent sight of Langtang Lirung. You'll cross the lush Bamboo forest, pine, and Cyprus trees en route to Lama Hotel.

Day 09: Trek from Lama Hotel to Thulo Syabru

Altitude: 2210 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Lama Hotel, you'll begin walking northeast towards Syabru village. It may take almost 5hr to traverse along the forests path and past Tamang villages to arrive at Thulo Syabru. You'll cross Bamboo village en route. At Bamboo, you can enjoy a hot meal before trekking towards Thulo Syabru. The trek is fairly easy and may will the beautiful sight of the Langtang Valley.

Day 10: Trek from Thulo Syabru to Sing Gomba (Chandanbari)

Altitude: 3330 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Thulo Syabru, you'll begin ascending uphill and make way towards Sing Gumpa (3250m). You'll walk past some of the traditional villages namely Foprang Danda and Dursagang en route. The villages will offer a unique insight into the life of locals. You can also catch magnificent views of Langtang Himal and Ganesh Himal on the way. The path gently rises before reaching the flats leading to Sing Gumpa. At Sing Gumpa, you can witness the ancient Bon-Po monastery along with visiting the local cheese factory.

Day 11: Trek from Sing Gumba to Gosaikunda

Altitude: 4380 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

After exploring the Sing Gumba, you'll begin making way towards Gosaikunda Lake through the rugged terrain. You'll walk past grasslands and rocky terrain to reach the holy site that boasts of dozens of oligotrophic lakes. Along with Gosaikunda Lake, you'll find Saraswatikunda, Bhairab Kunda, and many other smaller lakes. The site is visited by thousands of pilgrims every year. Once at the site, you can explore the surroundings and enjoy the magnificent view of the lake from the hilltop in a distance. The lake remains inaccessible during winter mainly because it remains frozen. You can avoid visiting the place in winter.

Day 12: Trek from Gosaikunda to Ghopte

Altitude: 3530 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving the holy site of Gosaikunda, you'll begin trekking towards Ghopte. It may last 6-8hr following a 300m ascent and 1320m descent towards Ghopte. You'll walk along the rocky terrain and glacier moraines towards Lauribinayak La Pass. A gentle hike to the top will offer amazing scenery of Langtang Himal, Naya Kanga, Surya Peak, and the magnificent Dorje Lakpa (6966m). You'll walk downhill to reach Phedi village before heading towards Ghopte.

Day 13: Trek from Ghopte to Thadepati Pass

Altitude: 3690 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You'll be trekking through the rich Tamang Heritage Trail. Also known as the birthplace of indigenous Tamang inhabitants, you'll walk past many rich Tamang settlements before reaching Thadepati Pass. The trek may last only a few hours and you will encounter numerous detours before reaching the quaint village of Thadepati. You'll walk past rich oak and rhododendron forests en route.

Day 14: Trek from Thadepati Pass to Melamchi Gaon

Altitude: 2530 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

You'll follow the northern end of the village and head steeply down into a ravine. You'll walk past large firs, oaks, and rhododendron forests to arrive at the Chyandi Khola. After crossing the bridge, you'll continue ascending towards the traditionally rich Sherpa village of Melamchi Gaon. You can spend the day exploring Melamchi Gaon and witness the rich fields of barley, corn, and potatoes. You can also visit the nearby Tibetan Gumba that is decorated by prayer flags, brightly painted walls, and a statue of Guru Rimpoche.

Day 15: Trek from Melamchi Gaon to Tarkegyang

Altitude: 2600 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Melamchi Gaon, you'll head towards Tarkegyang village. The trail drops through the lush bamboo forests towards a bamboo teashop at 2360 meters. The trail further drops towards the fields beside the Melamchi River. After crossing the suspension bridge, you'll begin climbing the trail towards Tarke Gyang, also the largest village in the Helambu region. In the evening, you can visit Tarke Gyang.

Day 16: Trek from Tarke Gyang to Sermathang

Altitude: 2590 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Tarke Gyang, you'll make your way towards the pretty Sherpa village of Ganyul. The inhabitants of the village practice Drukpa Kagyu Buddhism, also the national religion of Bhutan. The trail drops over a ridge and starts climbing through deep forests. You'll walk past a large Gumpa at Chumik before heading down towards Sermathang village.

Day 17: Trek from Sermathang to Melamchi Bazaar

Altitude: 870 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Leaving Sermathang, you'll follow the ridge down to Melamchi Bazaar. You'll make a descent of almost 1730 meters. You'll walk past traditional settlements of Niggle, Gyalsha, and Raithani Gyang and through lush pine forests to reach Kakani. From here, you'll begin entering the lowlands inhabited mostly by Brahmans and Chhetri. You'll hike towards Dubhachaur and continuing along the trail to reach Melamchi Bazaar.

Day 18: Drive to Kathmandu from Melamchi Bazaar 1350

Altitude: 1350 m

Meals: Breakfast/Lunch/Dinner

Stay: Hotel

From Melamchi Pul, you'll catch a commute back to Kathmandu. You'll drive for almost five hours through the gravel and bumpy path up to reach Lami Danda. From here, you'll follow a pitched road Dhulikhel and Banepa to reach Kathmandu.

Day 19: Departure

Meals: Breakfast

Bidding adieu to Kathmandu, you'll leave for home. We'll drive you towards Tribhuvan International Airport approximately 2 hours early so to avoid any traffic delays or hassles which are common during office hour in Kathmandu.

5. Cost Includes

- Airport pick up & drop off service in a private transportation
- 4-star accommodation in Kathmandu in BB plan
- Professional English speaking, Government licenced tour guide for sightseeing in Kathmandu
- Best accessible clean and comfortable Tea house accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- Drive from Kathmandu to Syaprubeshi. From malamche Bazaar to kathmandu local Bus.
- Highly experienced, English-speaking, government-licensed, trained for trekking Guide
- Porter service to carry your luggage during the trek (2 trekkers : 1 porter)
- Staff cost including their food, accommodation, salary, insurance, equipment etc.
- Langtang National Park Entry Fee and TIMS Fee
- Farewell dinner with cultural program
- First Aid kit bag
- Down jacket and sleeping bag (to be returned after trek completion)
- All Local and Government taxes, administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance

- International flights
- Monument entry fees during sightseeing tour in world Heritage site in Kathmandu.
- Personal expenses (phone call, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter etc.)
- Personal trekking gear and equipment
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List
