

## Overview

Langtang Gosaikunda Helambu Trek starts with a day bus or jeep ride to Syabrubesi, the journey begins entering to the attractive Langtang Valley; famous for the region's beautiful destination aptly entitled the valley of glacier. Here the mountain valley is brilliant. On either side of valley, mountains rise, towering high in to the sky. The valley offers pine forest, slow moving rivers and swift mountain streams, rugged rock and snow- capped peaks, grassy downs and meadows strewn with daisies and wild Primus. In the upper part of valley there are snow bridges spanning angry torrents, high passes enveloped in mist, tiny lake with iceberg floating on them and water of crystalline brightness. There are also high mountains of slide ice. You have a stunning view of Langtang Lirung, Langshisha Ri, Yala peak, Gangchempo, Ganja-La range, Dorje Lakpa many other white peaks from Tesrko Ri which one of the best demanding day excursion from Kyanjin Gompa.

Gosainkunda, believed to be sacred land in Hinduism, is spotted with lakes atop the mountain, offering a quiet respite. There are few visitors outside of those who come for the summer festival. During the Janai Purnima (secret-thread festival) in August full moon day every year, Thousands of Hindu pilgrims come here for worship and holy bath. Many Shamans from around the world visit the site in this specific day and the Shamans show their performance in the full moon day. There is a black rock in the center of the lake said to be the head of a lord Shiva. Legend says; Lord Shiva created this high altitude lake when he pierced a glacial with his trident to get a water to quench his thirst from consuming some poison.

Another attraction in this trip is Helumbu, the land of Yolmo people where you can see many monastery and ethnic groups and panoramic view of the mountain between Annapurna to Mt. Everest. The course is varied- you encounter Lamas and see Gompas (monasteries), Chorten (Stupas), and Mani stone (Prayer walls). Most of ethnic groups believe in Buddhism. If you are in there in wintertime you will see their great festival call Loshar. The main feature of this trip are full of diversity, natural splendor, primordial hermitage, cheese factories in Kyanjin Gompa and Chandan Bari, marvelous glaciers, colorful Rhododendron flowers in spring time and breathe stopping views of snowcapped peaks and unique Tamang culture rewards you the most excellent mountain holiday. Gosainkunda Lake is magnificent and scenic.

## Outline Itinerary

**Day 01 : Drive to Syabrubesi, 7-8 hours by Jeep**

**Day 02 : Trek to Lama Hotel (2,470m/8,104ft), 5-6 hours walking**

**Day 03 : Trek to Langtang (3,430m/11,253ft), 5- 6 hours walking**

**Day 04 : Trek to Kyanjin Gompa (3,870m/12,697ft), 4-5 hours walking**

**Day 05 : Day excursion and explore nearby natural heritage**

**Day 06 : Trek back to Lama Hotel (2,470m/8,104ft), 5-6 hours walking**

**Day 07 : Trek to Thulo Syabru(2,230m/ 7,316ft), 5-6 hours walking**

**Day 08 : Shin gomba (3,330m/10,925ft), 3-5 hours walking**

**Day 09 : Trek to Gosainkund(4,380m/14,366ft), 5-6 hours walking**

**Day 10 : Trek to Gopte (3,430m/11,250ft), 6-8 hours walking**

**Day 11 : Trek to Malemchi Gyang (2,530m/8,299ft), 6-7 hours**

**Day 12 : Trek to Tarke Gyang (2,590m/8,497ft), 5-7 hours walking**

**Day 13 : Day Hike to Ama Yang Ri Peak**

**Day 14 : Trek to Thipu/Kakani (1580m), about 3-4 hours walking**

**Day 15 : Back to Kathmandu**

### **Cost Includes**

- An experienced, government registered, English speaking local friendly guide.
- Assistant Guides to assist group to support where necessary as per the group size.
- 1 Sharing Sherpa porter between 2 trekkers to carry your main stuffs (weight limit is 25kg)
- Comfortable, neat and clean accommodation on teahouse/Mt. lodge during trekking
- 3 Times meals: (breakfast, lunch and dinner) during the trek.
- Hot table drinks (Tea, coffee and hot chocolate) in cup basis.
- Cookies and seasonal fresh fruits during the trek.
- Group first aid kit and water purifier pills during the trek.
- Kathmandu – Syabrubesi by 4WD local jeep.
- Local bus transport to Kathmandu from trek ending point.
- Food, accommodation, salary and insurance of your guide and porters.
- Langtang National Park entrance fees and TIMS Card.
- Government taxes, vat and tourist service charge.

### **Cost Excludes**

- Accommodation, meals and transfers in Kathmandu.
- Guided sightseeing in Kathmandu, this can be arranged on your request.
- All bar bills and beverages such as coke, fanta, mineral water.

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- Hot shower, hot water, wifi and battery charge during trekking.
- Personal travel insurance, internet, phone calls, laundry,
- Rescue operation charge in case of emergency.
- Any cost that arise due to change of itinerary and natural calamities beyond our control
- Gratitude and tips for guide and porters.