Langtang - Gosainkunda - Helambu Trekking



4609-meter-high Lauribina pass is an incredible adventure that offers stunning views of the massive Himalayas over 7000 metres, holy Lake Gosainkunda, rhododendron forests, alpine plants, and wildlife. This trek starts out form Syabrubeshi (148 northeast of Kathmandu) and concludes in Melamchi Pool Bazzar. You will stroll along the Langtang Khola, passing through bamboo and rhododendron trees.

Trekking through Langtang Valley (3,430m), you will arrive at Kyanjing Gompa Village (3,870m), where you will witness the spiritual lifestyle of Buddhist monks performing their ceremonies at the monastery. Take a short hike to Kyanjing Ri (4800m) or Tserko Ri (5,000m) for spectacular views of the Langtang Lirung (7,200m), beneath the Langtang glacier, Dorje Lapka (6900m), and the Langtang River. We will journey via the lovely settlements of Thulo Syabru, Sing gompa, and Cholangpati on our way to Gosainkunda Lake, which is at an elevation of 4380 metres. After crossing the Laurebinayak pass (4,609m), you will hike through some lovely land terraces and a couple of splendid Buddhist monasteries in the pleasant villages of Helambu, Tarke Gyang, and Sermathang (2,621mt) before returning to Kathmandu via Melamchi Pool bazaar.

Duration: 20 days

Price: $1900

Rating: 4 Star

Grade: Challenging

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

Itinerary:

Day 1: Arrive Kathmandu

Upon your arrival in Kathmandu, we greet and meet you at the airport and transfer you to Hotel. You will have leisure time, followed by an evening welcome dinner at a typical Nepalese Restaurant.

Day 2: Kathmandu

A half day city tour Kathmandu Durbar Square, Pashupatinath, Syambunath Stupa, the Hindu temple and Buddhanath, the Buddha shrine. And for the rest of the day, preparation for the trek.

Day 3: Kathmandu - Syabrubesi: 7 hours bby Bus

You will start early bus journey to Syabrubesi; the starting point of the trek. During the journey, you will pass through a number of small villages on the way.

Day 4: Syabrubesi-Lama Hotel: 5-6 hours

Crossing through the suspension bridge and heading precipitously along a stream. The River you are following is mostly the Langtang River. You can enjoy the walk going through oak, rhododendron and bamboo forests. There is also a variety of wildlife in these forests: yellow-throated martens, wild boars, langur monkeys, red pandas, and Himalayan black bears.

Day 5: Lama Hotel - Langtang 5-6 hours

You will continue your trip ascending towards a slope to the Langtang River. You cross a bridge and head up with a windy path. The trail meets into a valley to cross a stream and climbs past several water-driven mills and Chortens to the settlement of Langtang.

Day 6: Langtang - Kyanjin Gompa: 3 hours

The first part of the trekking will be completed heading Kyanjing Gompa. We pass through the tiny villages, stone-built houses and climb to a Chorten along a gentle path of a hill. This place is famous for yak cheese.

Day 7: Kyanjin Gompa: explore day

Allowing you to be well acclimatized, we take a rest today and walk around Kyanjin Ri (4,800m) and ascend to Tserko Ri (5,000m) are the excellent viewpoints from where you will have great views of the Langtang Lirung, Langtang range, Kinshung, Yansa Tsenji, and Glacier.

Day 8: Kyanjin Gompa- Lama Hotel: 5-6 hours

Today you trek back to Lama Hotel. The trail will fairly be easy. You will have to miss the mountains seen in the previous days.

Day 9: Lama Hotel - Thulo Syabru: 5-6 hours

You should decent to the river for the first 3 hours, cross the river and ascend toward Thulo Syabru. You will see the fascinating view of Langtang range. On the way of your trek, you will pass through pine and Junipers forests.

Day 10: Thulo Syabru- Shin gomba/ Cholang Pati: 3-5 hours

Climbing up to Dimsa village and continues steeply trail up to Phoprang Danda then through rhododendron, hemlock and Oak forests to Shin Gomba(another cheese factory). You will enjoy the panoramic views of Manaslu 8167m, Ganesh Himal and

Langtang ranges from Phoprang Danda.

Day 11: Shin Gomba- Gosainkund (4,460m): 5-6 hours

The trail ascends gently through Laurebina. You will cross tree line before you get Lauribina. Arrive at a Gosainkunda, explore around the Lakes for this day.

Day 12: Gosainkunda- Gopte 3,440m /Thadepati 3600m : 7-8 hours

Today is a most challenging day in the entire journey; we should ascend until we head Laurebina La (4,609m) and after crossing the pass, descend to Phedi and continue walking up and down throughout crossing a rocky hill with pine, rhododendron trees. Overnight in Gopte(3,440m) or Thadepati 3600m.

Day 13: Gopte- Malemchigaon/2,560m: 6-7 hours

Walking through a forest and climbing through a dry river-bed, we arriving Kharka, bounded by rhododendron forest and continue walking through the forest then climbing the ridge directly above the village via Thadepati 3600m gives you a marvelous view of the Jugal area. Descending to Melamchi River and walk around half an hour and arrive Malemchigaon (2,560m) is a fantastic journey. Melamchi is a cultural destination it known as Helambu.

Day 14: Malemchigaon - Tarke Gyang2,590m: 5-7 hours

Walk up to Tarke Gyang for about 3 hours where you can enjoy with Sherpa culture with traditional village and monasteries. We'll stay there for rest and village excursion.

Day 15: Tarke Gyang- Sermathang 2,610m: 3-5 hours

You will cross a small forest with the view of the beautiful village of Helambu. The trail goes through Gangyul, a beautiful Sherpa village. The people here practice Drukpa Kagyu Buddhism, same as Bhutanese.

Day 16: Sermathang- Melamchi Puul Bazaar -Kathmandu : 3-4 hours; 2 hour bus

Short walk down to Malemchipool Bazaar with numbers of Sherpa village and take transport to Katmandu.

Day 17: Final Departure

You will have time for shopping until we transfer you to the international airport for your final departure.