

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - allnepaltrip@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat)

Langtang Helambu Trek Highlight

Langtang Helambu Trek is one of the most beautiful treks in the Langtang area and offers a stunning view of the Langtang Mountains. The Langtang Helambu trek route offers a magnificent view of the green landscapes and majestic Mountain View. It is perfect trekking for those people who like to explore unique cultural aspects, Mountain View and wild animals, including the red panda. The principal inhabitants of this area are the Tamang and Sherpa, who physically and culturally resemble the Tibetans. The most highlighted attraction of this trek are as below

- ❖ Opportunity to enjoy the magnificent view of mountains
- ❖ A panoramic bus trip from Kathmandu to Syabrubesi
- ❖ Visit the UNESCO World Heritage cultural Site inside the Kathmandu
- ❖ Visit Kyanjin Gompa, Shin Gompa, and many other Buddhist monasteries.
- ❖ Trek through dense alpine forests and rhododendrons
- ❖ Discover the culture and tradition of Tamang, Sherpa, and other ethnic groups.
- ❖ Majestic Gosaikunda lake, which has enormous religious significance
- ❖ Opportunity to experience the diversity of flora and fauna in Langtang National Park

About Langtang Helambu Trek

Langtang Helambu Trek offers you a fantastic journey with a view of snow-capped mountains, Rivers, picturesque villages, forests, and wildlife. It is a less explored region but slowly receiving the attention it deserves. This hike expands the

Langtang Valley taking you to other places like Gosaikunda and the beautiful village of Helambu.

Langtang Helambu Trek is a beautiful journey in Nepal which passes through lush forests, picturesque villages, plentiful wildlife, and a breathtaking view of the majestic Himalayas. Trek to Helambu, begins in Kathmandu with visits to the UNESCO World Heritage site. Then we head to Syabrubesi, a Tamang village on the banks of the Bhoté Koshi river, and start our trek. We arrive at Kyanjin Gompa and climb the Tserko Ri the next day; from there, we have a breathtaking view of the Langtang Lirung (7,200m). Next, you will walk through the Langtang Valley and arrive at Gosaikunda, a revered pilgrimage site for Hindu and Buddhists.

Furthermore, the place is named after the sparkling Gosaikunda Lake, the water of which presumably has magical healing powers. On our walk, we passed a few more lakes and crossed the Laurebina pass. Our walk in the Helambu valley begins after crossing the pass.

Trekking itinerary

Day 01: Arrival in Kathmandu (1,400 m.)

We welcome you at Kathmandu International Airport and take you to your reserved hotel. After having refreshed up after your long flight, we will invite you to attend a briefing session to learn more about your trip. You will have the meeting with your tour and trekking guide and discuss the equipment required for the trek. If you arrive at night, we will have the same discussion the next morning after breakfast.

Meals included: None

Day 02: Preparation of Trekking and Kathmandu City tour

Today, after your breakfast, take a full-day sightseeing tour of the Kathmandu Valley's religious and historical sites. You will visit some of the world heritage sites, including the Hindu holy temple of Pashupatinath, the famous swayambunath (monkey temple), the Buddhist shrine (Bouddhanath), one of the largest stupas in the world, and the historic Durbar Square. The ancient Nepalese

culture is the culmination of our Guide city tour. Upon your return to your hotel from sightseeing, you will have free time to explore the area; you can stroll along the Thamel tourist street and have dinner.

Meals included: Breakfast

Day 03: Drive to Syabrubesi (1,550 m): 7-8 hours drive by Jeep

After early morning breakfast, we leave Kathmandu towards Syabrubesi, a town that is also the starting point of trekking in the Langtang Valley. Our trip will be on a winding road through frequent turns. On a clear day, we can enjoy exceptional views of Manaslu, Annapurna, and Ganesh Himal. Today's walk ends with a descent to the small town of Syabrubesi. Night stay in Syabrubesi.

Meals included: Breakfast, lunch, and dinner

Day 04: Syabrubesi to Hotel Lama: walking distance 6-7 hours

On the first day of our trek, the thrilling route crosses the Bhote Koshi River, which flows down from Tibet and follows the Langtang Khola. After visiting the Gompa Rinpoche Gompa, follow the cobbled main road outside the city above Langtang Khola. After crossing the suspension bridge, the path gradually rises to bamboo through a landslide. The way leads through the subtropical forest, which is covered by oaks and maples, giant firs, firs, and blue pines. We drive through the oak and rhododendron forests. On the way, we can find the diversity of wildlife; Yellow-throated marten, wild boar, langur monkeys, red pandas, and black bears, etc. Then your trek gently climbs to Rimche. After crossing a small bridge, you will reach the Lama Hotel, which leads up a steep hill. You will spend the night at the Lama Hotel.

Meals included: Breakfast, lunch, and dinner

Day 05: - Trek from Hotel Lama to Langtang Village: Walking Distance 4-5 hours.

After leaving the Lama Hotel, head towards Langtang. It is a beautiful city surrounded by mountains and glaciers, which is inhabited by Buddhist Tamang and sherpas. It can be reached by walking parallel to the Langtang River, reaching

the Ghoda Tabela grasslands, and then climbing for approximately 4 hours. You will have lunch at Ghoda Tabela. This place also offers a fascinating view of the green meadows and the Langtang range. Spend the night in a standard tea house.

Meals included: Breakfast, lunch, and dinner

Day 06: Trek from to Kyangjin Gompa: walking distance 4 to 5 hours

After breakfast, we make our way to Kyangjin Gompa, a main monastery in the region. The path winds through the city and up a ridge crowned by a large choir. Then it gradually climbs over an impressive mani wall and crosses a stream into the small town of Mundu. After crossing several streams with wooden bridges and moraines, you can see the Kyanjin Gompa Monastery and the spectacular ice waterfall that flows from the peaks. Of Langtang Lirung and Kimshung. The surrounding area is also attractive because of the famous state-run cheese factory. After lunch, you can explore the village with stunning panoramic views of Mt. Langtang Lirung, Mt. Kyangjin Ri, Langjahisa-Ri, Tsergo Ri, Dorje Lhakpa, Pico Yala, Naya Kang, etc.

Meals included: Breakfast, lunch, and dinner

Day 07: Acclimatization: Explore Tserko Ri for 7-8 hours

We spend the whole day exploring Tserko Ri, which also helps us get used to the altitude. We start early in the morning. The path leads through yak grasslands before climbing to Tserko Ri. The view of the sunrise from the top of Tserko Ri is exceptional. In the late afternoon, you will return to Kyangjin Gompa and explore the beautiful monastery enjoying the view of the birds, yaks, Himalayas, and glaciers

Meals included: Breakfast, lunch, and dinner

Day 08: Return to Hotel Lama: walking distance of 6 hours.

After having breakfast, we start our trip and take our steps back to Hotel Lama. Most of today's trekking will go downhill as we walk through forests and beautiful

villages. We can also enjoy another view of the Himalayas that we had lost while climbing. You will spend the night at the Lama Hotel.

Meals included: Breakfast, lunch, and dinner

Day 09: Trek From Lama Hotel to Thulo Syabru: Walking Distance 5-6 hours

We start our walk with an ascent to the city of Rimche. From here, we come down to the banks of the Langtang Khola. We continue on an easy path to Bamboo and ascend to the Landslide Lodge. From here, we continue our way to Thulo Syabru. There are two ways when we cross another bridge. We follow the one that leads past the Hotel Pahare and a waterfall to reach Thulo Syabru. Overnight stay in Lodge at Thulo Syabru.

Meals included: Breakfast, lunch, and dinner

Day 10: Trek from Thulo Syabru to Shin Gompa: Walking distance 3-4 hours

It is possible to go to Gosaikundawe, but we will go because the height difference will be more than your body can comfortably support. So you will walk slowly and steadily to get to Shin Gompa and rest there. Today's path goes uphill, and you walk through the rhododendron forest. There is a cheese factory along the way, and you can try a good cheese. You drive through villages such as Garta and the Phulung Monastery. You live here in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek from Shin Gompa to Gosaikunda: Walking Distance 5 to 6 hours

You leave Shin Gompa and head to Gosaikunda. It will be the most rewarding experience of the entire trip and will enjoy fantastic panoramic views of the Himalayas, including Annapurna, Hiunchuli, Manaslu, Ganesh Himal, and Langtang. You will climb and reach Laurebinayak first. If you continue walking through the rocky terrain, you will reach Gosaikunda, a glacial lake of great religious importance for Hindus and Buddhists. It is also a pilgrimage that takes place mainly during Janai Purnima. You will spend the night in a tea house in Gosaikunda.

Meals included: Breakfast, lunch, and dinner

Day 12: Trek from Gosaikunda to Ghopte: Walking Distance 6-8 hours

Early morning, we move around the lakeshore before ascending to the Laurebina Pass. The Helambu region begins at Lauribina La (pass) and descends into the Melamchi valley. The path is bumpy and leads through moraines, but it is well marked with piles of stones. We pass three more small lakes before we reach the pass. We will go up a little hill and enjoy a great view of the area. Our way leads through Surya Kunda before we reach Ghopte. Night stay in ghopte.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek from Ghopte to Melamchigaon: Walking Distance 6-7 hours

Our trek goes up and down a path that leads through dense forests. If we walk on a way through the forest, we come to the village of Thare Pati. We climb a ridge over the community and continue our walk. The view from the crest of the Nepalese hills and especially from Soli Danda is beautiful. We crossed two suspension bridges before we reached Melamchigaon, a beautiful city with a monastery. Night stay in Melamchigaon.

Meals included: Breakfast, lunch, and dinner

Day 14: Trek from Melamchigaon to Tarkeghyang: walking distance 5-6 hours

After breakfast, you will pass the stupa and cross a small stream below the Tarkeghyang. Our path leads through forests that lead to Ama Yangri, the highest point of our hike today at 3,800 m. On top of the hill, there is a stupa and Buddhist prayer flags. We also have a breathtaking view of the Mount Shishapangma and Langtang areas. The mountains are so close up that you feel you can touch them. On the descent, we can often see yaks grazing in the bushes before entering a forest. We also trek through a broken stone path before reaching Tarkeghyang, a beautiful Sherpa village. Overnight stay in Tarkheghyang.

Meals included: Breakfast, lunch, and dinner

Day 15: Trekking from Tarkeghyang to Sermathang: walking distance 3-5 hours

We start our walk after breakfast. The height gradually decreases as you descend towards the Sermanthang. Your trip will be easy as the oxygen level rises quickly, and you can enjoy the view of the village of Helambu, Ganesh, Jugal, and Langtang Himal. Along the way, you can see various lush forests, cities, monasteries, and walls. You will spend the night in Sermanthang.

Meals included: Breakfast, lunch, and dinner

Day 16: Trek to the Melamchi Bazaar and drive to Kathmandu:

Today is your last day in this region. You will walk through meadows, fields, and beautiful villages to reach the Melamchi bazaar. Upon arrival at the Melamchi Bazaar, take a bus for approximately 2 hours to reach Kathmandu. Now you can rest for a while and then buy souvenirs to take home with you. If you have time and are not tired, you can stroll through the streets of the Thamel to enjoy live music or other activities.

Meals included: Breakfast and lunch

Day 17: Final departure

Today you will return to your country or drive to your next destination. Our office representative will take you to the airport according to your departure schedule. If you want to stay in Nepal for a few more days, we can help make your stay more enjoyable by planning other activities.

Meals included: Breakfast

THE COSTS INCLUDE:

- ❖ Collection and return of airport and hotel
- ❖ A three-star hotel in Kathmandu and tea house during the trek.
- ❖ Breakfast in Kathmandu and all meals during the trekking trip.
- ❖ Transport in a comfortable private vehicle.
- ❖ English speaking, Experience and trained trekking guide
- ❖ Potter service fees during the trek

- ❖ All entrance fees to visit temples, monuments, trekking, and national parks
- ❖ A complete medical kit
- ❖ All necessary documents and permits
- ❖ All applicable taxes and service fees

CLOSE THE COSTS:

- ❖ Nepal entry visa fee
- ❖ International Flight ticket cost to and from Kathmandu
- ❖ Excess baggage charges
- ❖ Lunch and dinner in Kathmandu
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, battery charging laundry, water bottle, etc.)
- ❖ Tips for guides and porters

Important note

Your safety is of paramount importance when traveling with us. Your leader is authorized to change or cancel part of the itinerary if this is considered necessary for safety reasons. Every effort is made to adhere to the above plan. However, since this adventure involves traveling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, the health of a group member, unexpected natural disasters, etc. can contribute to changes in the itinerary. The leader will try to ensure that the trip goes according to plan, but is ready to be flexible if necessary.

Food and accommodation

During your trip, you will live in teahouses run by locals. These tea houses offer essential services. They may not be well-appointed, but hospitality is always heartwarming. Staying in these tea houses is also an opportunity to explore the culture, tradition, and lifestyle of the people who live in these areas. Food such as Dal Bhat, pasta, noodles, potatoes, vegetables, cereals, eggs, rice, soup, etc. are available.

During your stay in Kathmandu, you will stay in a Three-star deluxe hotel with breakfast. For lunch and dinner, you can explore the city's various restaurants according to your choice.

Climate and best season for hiking

The spring and autumn season is measured the best time for this Trek, as the climate is calm and constant. The spring months offer the blooming of rhododendrons and many seasonal flowers. Fall is also one of the best times to explore and enjoy various Nepalese festivals like Dashain and Tihar.

Winter and summer are less suitable compared to spring and autumn. In winter, the temperature level drops below freezing, making walking to higher regions less pleasant. The days are cold, followed by episodes of snowfall and blizzards. Summer also comes with heavy rains and unpredictable weather. With the right gears, however, you can walk into the Langtang Gosainkunda region all year round.

How challenging is this trek

Langtang Gosainkunda Trek is considered strenuous trekking. On this trek, you have to walk 7/8 hours a day at an altitude of over 3,000 meters. You have to walk on the flat and steep paths. The temperature during strenuous walks can be up to -15 degrees Celsius. Trekking in cold weather and for such a long period requires functional fitness. You also need a certain level of mental harshness to complete this journey.

Proposed preparation

- ❖ Cardiovascular exercises such as running, cycling, jogging, push-ups for approx. 4-5 days a week for three months before your trip are conducive.
- ❖ You should also participate in developing core strength and muscle endurance during strength training.
- ❖ A walk on the hills in different weather conditions is proper preparation for this trip.

- ❖ If you have access, kayaking and swimming can be a handy way to develop the strength and stamina required for this trip.

Travel insurance

Travel insurance for every itinerary of our company is a prerequisite for booking a holiday. You must have at least emergency and repatriation insurance, which must include the cost of the mountain service. Read the conditions of your insurance companies carefully; in particular, make sure that the following are included: 1) Activity (i.e., hiking, trekking, or climbing) 2) maximum altitude reached on Trek 3) Evacuation of the helicopter in case of emergency. You must understand that you are ultimately responsible for all costs associated with evacuation and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that under certain circumstances, the head of our company may initiate a helicopter rescue (or other necessary means) in emergencies without first asking your insurance company for permission.

Trekking guides and other staff arrangements

The most important thing that makes your Langtang, Gosainkunda, and Helambu trek successful, entertaining, and unforgettable are the knowledgeable, experienced, polite, and helpful trekking guides and crew members who can easily spend your days in the mountains. The best and most professional leaders lead your journey. All of our trekking guides are carefully selected based on their experience, leadership skills, and personal talent. To support local communities, we only employ Nepalese personnel who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of Nepal.