



## Langtang, Gosaikunda and Helambu Trek



### Introduction

Langtang Gosaikunda and Helambu Trek is a beautiful journey in Nepal through lush forests, quaint villages, abundant wildlife and astounding views of the majestic Himalayas. Langtang Valley, Gosaikunda Lake, and Helambu valley lies to the north of Kathmandu valley offering numerous stunning views of mountains with rare varieties of vegetation and glimpse sight of wildlife that combines a unique and one of the best trekking trails in Langtang Himalayan ranges.

The 17-day's trek begins from Kathmandu with drive to Syabrubesi located on the River banks of the Bhoté Koshi. Continuing our trekking in the beautiful Langtang Valley and reach Gosaikunda which is a revered sacred pilgrimage place for both Buddhists and Hindus religious. Named after the glistening Gosaikunda Lake whose water is believed to have magical healing powers. Passing by a few more lakes our trek in the Helambu Valley begins after crossing the Laurebina Pass. Another highlight of our hike is to reach the top of Ama Yangri at 3,800m. The view of Mt. Shishapangma and the Langtang ranges from the top of the hill is so close that it makes you feel like you can almost touch them right in front.

The Langtang Gosaikunda Pass Helambu Trek route goes through traditional, ethnic Tamang heritage villages and untouched forests of juniper, pine and so forth. Rhododendron, Bamboo forests, Majestic Waterfalls flowing over mammoth boulders, a chance to bathe in soothing hot springs, with an abundance of wild animals including Red Panda,

Pika, Muntjac, Musk Deer, Himalayan Black Bear, Himalayan Thar and Ghoral, Common Langur and other wild animals. Spectacular closeup mountain views of Langtang Lirung, Dorje Lakpa, Mt. Gaurishanker, Mt. Ganesh Himal, Langshisha Ri, Gangchenpo, Yala peak and Naya Kanga are the main highlighted attraction of this Trek.

We continue trekking in the Helambu region for a few more days and end our remarkable journey to the mountains with a drive back to Kathmandu.

## Facts

- Altitude: 5000<
- Duration: 17 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Sept – Dec, March – May
- Start/Ends: Syabrubesi/Melamchi
- Accommodation: Tea House/Camping as per Itinerary
- Meals Includes: Breakfast, Lunch, Dinner

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu: Trek preparation and sightseeing: We start our guided tour to several of the most historical  
Included meals: Breakfast Dinner
- **Day 3** : Drive from Kathmandu to Syabrubesi (1,550m/5,100ft): 6-7 hours Included meals: Breakfast Lunch Dinner
- **Day 4** : Trek from Syabrubesi to Lama Hotel (2,380m/7,830ft): 5-6 hours Included meals: Breakfast Lunch Dinner
- **Day 5** : Trek to Mundu (3,543m/11,621ft) via Langtang village: 5-6 hours Included meals: Breakfast Lunch Dinner
- **Day 6** : Mundu to Kyangjin Gumpa (3,870m/12,697ft): 3-4 hours Included meals: Breakfast Lunch Dinner
- **Day 7** : Acclimatization: explore Tserko Ri (5,000m/16,404ft) 6-7 hours Included meals: Breakfast Lunch Dinner
- **Day 8** : Kyangjin Gumpa to Lama Hotel: 5-6 hours Included meals: Breakfast Lunch Dinner
- **Day 9** : Lama Hotel to Thulo Syabru (2,230m/7,316ft): 5 hours Included meals: Breakfast Lunch Dinner
- **Day 10** : Thulo Syabru to Shin Gumpa: 4 hours Included meals: Breakfast Lunch Dinner
- **Day 11** : Shin Gumpa to Gosaikunda (4,460m/14,632ft): 6 hours Included meals: Breakfast Lunch Dinner
- **Day 12** : Gosaikunda to Ghopte (3,899m/12,790ft): 6-8 hours Included meals: Breakfast Lunch Dinner
- **Day 13** : Ghopte to Melamchi (3,399ft): 5-6 hours Included meals: Breakfast Lunch Dinner
- **Day 14** : Melamchi to Tarkegyang (2,840m/9,334ft): 5-6 hours Included meals: Breakfast Lunch Dinner
- **Day 15** : Tarkegyang to Sermathang (2,633ft): 4-5 hours Included meals: Breakfast Lunch Dinner
- **Day 16** : Trek to Melamchi Bazar – drive to Kathmandu: 2-3 hours trek, 2 hours drive. Included meals: Breakfast Lunch Dinner
- **Day 17** : Final Departure

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pick up and drop.
- Hotels accommodation in Kathmandu 3\*\*\* up to 5\*\*\*\*\* on BB basis twin sharing per clients request
- Guided Tour of Kathmandu City with expert tour guide and private vehicle
- An experienced, helpful and friendly Government license holder trekking Guide
- Required trekking porter to carry your backpack during the trekking ( two person will get one trekking porter ( 1 porter carry 30 kg as per rules and regulation of Nepal workers Union
- Twin sharing Tea house/Lodges Accommodation during the trekking
- Highly experienced trekking cook and kitchen boy (If Camping Trek)
- Trekking accommodation in tented / camp VE-25 North face Tents will be provided (If Camping Trek) as per itinerary.
- Required staff such as kitchen boy, dishwasher entire trip (If Camping Trek)
- Kitchen equipments , trekking equipment and tents (two men tent, kitchen tents, etc), mattress during the tented

accommodation as mentioned in itinerary (If Camping Trek)

- Three time meal Lunch, Dinner and Breakfast during the trekking.
- Langtang National park Trekking Permit.
- TIMS (Trekking Information Management System) Card for the Langtang Trekking .
- Group medical supplies (first aid kit will be available).
- Kathmandu to Trek start point transfer by Local bus ( private land cruiser are also available by adding separate cost)
- Trek finish point to Kathmandu transport by Bus/Private vehicle depending on trek ending point.
- Comprehensive pre-departure information and trip dossiers
- Welcome/Fare well Nepali Dinner in Kathmandu
- All necessary paper works, office Service charge and all Government Taxes
- Insurance for Nepalese staff. ( Trekking guide, and porters)
- Guide and porter fares and taxes.Government Tax and office service charge.

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on number of persons joining in group for High expedition or Mountain Climbing including number of climbers, porters, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing is not in the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or

equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepal visa fee (\$40 and two passport photographs are required).
- International Flight.
- Excess baggage charges.
- Accommodations, Meals (Breakfast, Lunch and Dinner) in Kathmandu.
- Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- Disembarkation Airport Tax in Nepal - approx. US\$ 24. al equipments
- Personal nature of expenses such as laundry, telephone calls, battery recharge, shopping, laundry, extra porters, beverages etc.
- Personal clothing and gear.
- Travel insurance.
- Tips for guide and porters
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concerns, illness, change of government policy, political instability raises strike, moment etc.

