Langtang Gosainkunda Helambu Trek

A legendary adventure to the foot of the world's highest peak.

Trekking at a Glance

DURATION	MAX ALTITUDE	TRIP GRADE	BEST TIME
18 Days	4,610m	Medium	Mar-May & Sept-Dec

ACCOMMODATION

Tea Houses / Lodges

THE OVERVIEW

Langtang Gosainkunda and Helambu Trek is a very interesting and scenic trek, journeying through traditional Tamang villages and settlements, lush rhododendron forests, and offering spectacular mountain views. This trail is perfect for adventurers who would like a unique experience to explore the traditional, untouched Tamang culture, customs, and lifestyle. The Tamang people of the Langtang region are believed to be descendants from Tibet and are not highly exposed to tourism. Therefore, the culture here remains largely untouched and authentic. The region is rich in biodiversity, offering many different species of trees, birds, and butterflies, where you can also enjoy spectacular...

DAILY ITINERARY

18 DAY TREK SCHEDULE

01

Arrival in Kathmandu

Arrival at Tribhuvan International Airport in Kathmandu. After arrival, you will be welcomed by our team and transferred to your hotel. You can relax after your journey or explore the nearby area. In the evening, you will receive a short briefing about the Langtang Gosainkunda Helambu Trek.

ALT: 1,400m

02

Kathmandu sightseeing and trek preparation

Today you will explore Kathmandu Valley, visiting UNESCO World Heritage Sites such as Swayambhunath, Pashupatinath, and Boudhanath. After sightseeing, you will prepare for the trek and check your equipment.

ALT: 1,400m MEAL: Breakfast

03

Kathmandu-Shyapru Besi 1460m by Local Jeep or private jeep

Drive from Kathmandu to Syabrubesi through scenic hills, rivers, and rural villages. The journey offers beautiful views of the countryside and landscapes.

ALT: 1,460m MEAL: B, L, D

04

Shyapru Besi- Sherpa Gau

Begin trekking from Syabrubesi, passing through forests and traditional Tamang settlements. Enjoy scenic views and a gradual climb to Sherpa Gaun.

ALT: 2,400m HIKE: 5–6 hrs MEAL: B, L, D

05

Sherpa Gau – Thang Syap

Trek through rhododendron forests and along the river. The trail gradually ascends, offering beautiful natural scenery and mountain views.

ALT: 3,000m HIKE: 5–6 hrs MEAL: B, L, D

06

Thang Syap - Upper Langtang

Continue trekking through alpine landscapes and small settlements. The valley opens up with stunning mountain views as you reach Upper Langtang.

ALT: 3,500m HIKE: 2–3 hrs MEAL: B, L, D

07

Langtang- acclimatization day

This is an acclimatization day to adjust to the altitude. You can explore the village and nearby areas while enjoying the surrounding mountain views.

ALT: 3,500m MEAL: B, L, D

08

Langtang – Kyangjin Gomba

Trek to Kyanjin Gompa through scenic trails. In the evening, you can explore the cheese factory, glacier, and surrounding areas.

ALT: 3,730m HIKE: 2–3 hrs MEAL: B, L, D

09

Kyangjin Gomba- hiking day to kyangjin Ri viewpoint

Hike to Kyanjin Ri viewpoint for breathtaking panoramic views of Langtang Lirung and surrounding Himalayan peaks.

ALT: 4,700m HIKE: 5 hrs MEAL: B, L, D

10

Kyangjin Gomba – lama hotel

Descend back through forests and rivers, retracing your steps toward Lama Hotel.

ALT: 2,410m HIKE: 5–6 hrs MEAL: B, L, D

11

Lama Hotel - Thulo Shyapru

Trek through forest trails and traditional villages, enjoying peaceful surroundings and mountain views.

ALT: 2,210m HIKE: 4–5 hrs MEAL: B, L, D

12

Thulo Shyapru -sing gumba

Gradual ascent through forests to Sing Gompa, with beautiful views and peaceful surroundings.

ALT: 3,350m HIKE: 5–6 hrs MEAL: B, L, D

13

Sing Gumba - Lauri Bina

A short but steep trek offering stunning panoramic mountain views as you reach Lauribina.

ALT: 3,800m HIKE: 2–3 hrs MEAL: B, L, D

14

Lauri Bina - Gosaikunda

Trek to the sacred Gosaikunda Lake, a holy pilgrimage site surrounded by beautiful alpine scenery.

ALT: 4,380m HIKE: 2–3 hrs MEAL: B, L, D

15

Gosaikunda - lauribina la pass - Gopte

Cross Lauribina La Pass (4,610m), the highest point of the trek, and descend to Gopte. This is one of the most challenging and rewarding days.

ALT: 4,610m HIKE: 7–8 hrs MEAL: B, L, D

16

Gopte- Kutumsang

Continue trekking through forests and remote villages, enjoying peaceful trails and natural beauty.

ALT: 2,530m HIKE: 5–6 hrs MEAL: B, L, D

17

Kutumsang – Chisapani

Trek along scenic ridges with beautiful mountain and valley views before reaching Chisapani.

ALT: 2,600m HIKE: 5–6 hrs MEAL: B, L, D

18

Chisapani – Sundarijal then drive back to Kathmandu

Descend through forests to Sundarijal and drive back to Kathmandu, marking the end of your trek.

ALT: 1,500m HIKE: 3–4 hrs MEAL: B, L

END OF SERVICES

What's Included

- Airport pick-up and drop-off
- Airport transfers
- Three meals a day (Breakfast, Lunch, Dinner) during the trek
- Tea and coffee
- Two nights hotel in Kathmandu with breakfast
- Trekking lodge accommodation
- All necessary trekking permits
- Transportation (private or public vehicles)
- English-speaking guide (salary, insurance, accommodation included)
- Porter (1 porter for 2 trekkers)
- First aid medical kit
- Government taxes and official expenses
- Assistant guide for groups above 6 people

What's Not Included

- International flights
- Lunch and dinner in Kathmandu
- Nepal entry visa fee
- Personal expenses
- Drinking water and alcoholic beverages
- Charging, hot showers during trek
- Tips for guide, porter, and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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