



Langtang, Helambu and Gosaikunda Trek

URL: <https://naatatravels.com/trip/langtang-helambu-and-gosaikunda-trek/>

Duration

17 Days

Per Person Cost

USD 1540

Difficulty

Demanding

Group Size

1-16

Maximum Elevation

5000 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

Gosaikunda: Gosaikunda is a treasured place of pilgrimage for both Hindus and Buddhists. Furthermore, the place is named after the glowing Gosaikunda Lake (4300m), whose water is believed to have supernatural healing powers. Hindu folk tale has it that the lakes were formed when the God Shiva plunged his trident (Trisul) into the ground to obtain water. The Trishuli River has its source in the lakes. Helambu Valley is just what you could get. It is very popular for its natural beauty, excellent climate, and outstanding mountain views. The charming Sherpa villages warm your heart midst the snow-covered mountains. The rhododendron forest is undoubtedly a plus.

Langtang is a narrow valley south of the Tibetan border. It lies between the Himalayan range to the north and a slightly lower range of snowy peaks to the south.

Langtang, Gosaikunda, and Helambu Valley Trek is an amazing journey in Nepal for nature lovers. This trek offers everything one desires to see: lush forests, charming villages, lavish wildlife, and amazing Himalayan vistas. This symphonic trek combines three major areas north of Kathmandu along the border of Tibet.

The 17 day trip embarks in Kathmandu with tours of the UNESCO (Patan Durbar Square, Pashupatinath, Swayambhunath, and Boudhanath) World Heritage sites. The trip further extends with a drive to Syabrubesi, a Tamang village located on the banks of the Bhote Koshi River. We finally begin our trek from Syabrubesi. We arrive at Kyanjin Gumpa and climb Tserko Ri the next day. From there, we get an enormous view of Langtang Lirung (7200m/23622 ft) range. We extend our trek in the splendid Langtang Valley and reach Gosaikunda, named after the glimmering Gosaikunda Lake. We pass a few more beautiful lakes and cross the Laurebina Pass. Helambu Valley trek begins after crossing the pass.

Our hike's climax is reaching the top of **Ama Yangri at 3800m**. The marvelous Himalayan vista from the top of the hill is trusted to rival that of Poon Hill. (link) From here, Langtang ranges, and Mt Shishapangma looks so close that we can touch them. We pursued our trekking in the Helambu region for a few more days and finally stopped our phenomenal journey on the mountains with a drive back to Kathmandu.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Time:

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Drive from Kathmandu to Syabrubesi

We leave Kathmandu early in the morning for Syabrubesi, a small village which lies on the foot of hills. Syabrubesi is also the starting point of our trek into the Langtang valley. We stay the night in Syabrubesi and get prepared for the trek tomorrow.

Accommodation

Hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1550 meters

Day : Trek from Syabrubesi to Lama Hotel

After having our breakfast, we begin our trek walking along the Langang Khola. We then ascend and descend time and again through rhododendron and oak forests. We cross a bridge over Langtang Khola and ascend a steep trail to reach Lama hotel where we stay the night.

Time:

6 hours

Accommodation

Hotel

Meals:

Breakfast, lunch and dinner

Altitude:

2380 meters

Day : Trek to Mundu

We continue to ascend from Lama Hotel and come across ample waterfalls. As we reach the green meadows of Ghoda Tabela we can see the Langtang range. Our trail continues to climb up the valley and we pass a few temporary settlements after which we pass a Buddhist monastery to reach Mundu. We stay the night in Mundu.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3543 meters

Day : Trek from Mundu to Kyanjin Gomba

We start our walk to a famous monastery of the region in Kyanjin Gomba. As we continue our walk we will pass prayer wheels, watermills, hillocks and mounds of rock with inscriptions carved on them. We also come across the largest mani wall in Nepal made from stones with prayers written on them. We spend the rest of the day exploring Kyanjin Gomba and the surrounding areas. We stay the night near the Kyanjin Gomba.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3870 meters

Day : Acclimatization and exploration of Tserko Ri

We spend the day acclimatizing to the high altitude and use the time to explore Tserko Ri. We return back to Kyanjin gomba late in the afternoon and have time to explore the area further. We can also enjoy views of Himalayas, glaciers and the grazing yaks.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5000 meters

Day : Trek from Kyanjin Gomba to Lama Hotel

We start the day retrace the trail to Lama Hotel. We walk mostly downhill today and pass through Tamang villages. We stay the night in Lama Hotel.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Day : Trek from Lama Hotel to Thulo Syabru

Today we begin the trek climbing up to the Rimche village from where we descend the banks of Langtang Khola. The trail today is mostly easy till Bamboo. Cross another bridge we come by Pahare hotel and a waterfall to reach Thulo Syabru. We stay the night in Thulo Syabru.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2230 meters

Day : Trek from Thulo Syabru to Shin Gompa

The walk today is a short one to help acclimatize. After trekking for a short while we pass by a chorten and reach a checkpoint. We continue walking the trail and pass by Garta village and Phulung Monastery before reaching Shin Gompa. We stay the night in Shin Gompa.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3450 meters

Day : Trek from Shin Gompa to Gosaikunda

Our trek today treats us with panoramic views of the Himalayas which include Annapurna, Hiunchuli, Manaslu, Ganesh himal and Langtang. We walk over ridges and get to see the first of the holy lake. The third lake which is Gosaikunda (4380m) is a culturally significant for the Nepalese. The lake is surrounded by mountains and is accompanied by nine other lakes. The lake is used to take Holy bath in the day of Janai Purnima.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4460 meters

Day : Trek from Gosaikunda to Ghopte

We start the day ascending towards the Laurebina Pass (4610m) from where the Helambu region begins. The trail today is mostly rough and we pass through three small lakes before reaching a pass. We pass through Surya Kunda before reaching Ghopte. We stay the night in Ghopte.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3440 meters

Day : Trek from Ghopte to Melamchigaon

We walk through dense forests and continue the trail to reach Thare Pati village. We climb over a ridge and the views of green rolling hills are a beautiful one. Cross two suspension bridges and we reach Melamchigaon. There is monastery which we can explore. We stay the night in Melamchigaon.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2560 meters

Day : Melamchigaon to Tarkejhyang

Our trail today passes through forests and takes us to Ama Yangri which is the highest point of the trek today at 3,800m. We come by Buddhist prayer flags and a stupa on top of a hill. The view from the hill is a mesmerizing one and is dominated by Mt. Shishapangma and the Langtang ranges. We descend the trail and enter a forest after which we reach the beautiful Sherpa village of Tarkejhyang.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2590 meters

Day : Tarkejhyang to Shermanthang

The trail today is short, easy and passes through dense forests, chortens, a monastery, a mani wall and beautiful villages before reaching Shermathang. The village is inhabited by Sherpa village and we can enjoy great views of Ganesh Himal, Jugal himal and the Langtang ranges. We stay the night in Shermanthang.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2610 meters

Day 3-4 hours: Trek to Melamchi Bazaar and drive to Kathmandu

We start our trek early in the morning and walk through meadows, farms and small villages to reach Melamchi Bazaar. Our trek ends in Melamchi bazaar and we start our drive back to Kathmandu from

there on. Tonight there will be a THANK YOU farewell dinner program organized by Naata trek and tours.

Time:

3-4 hours

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Day : Final departure

Our trip ends today and an airport representative from Naata trek and tours will escort you to the international airport.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Trek and Tour's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)

- All other not mentioned in cost includes section

Additional Trip Information

The Langtang Helambu And Gosaikunda Trek is a remote and less crowded route through the Langtang region. It passes through picturesque villages, valleys, rivers, and glacier lakes.

The trek offers some of the most spectacular scenery in Nepal's vibrant landscapes. The trail passes through Langtang National Park and dense rhododendron forests, transitioning from subtropical forests to alpine meadows. It is a great opportunity to witness the region's diverse flora and fauna. If you are lucky, you may even get a glimpse of endangered animals like red pandas.

Similarly, you can get majestic panoramic mountain views of Mt. Ganesh, Manaslu, and Annapurna range. You will pass by ancient monasteries like Kyanjin Gompa, Buddhist shrines, chortens, prayer wheels, and prayer flags. Likewise, the trek also takes you to the holy and sacred Gosaikunda Lake.



The Langtang Helambu And Gosaikunda Trek is a challenging yet awe-inspiring trekking journey. It is perfect for trekkers seeking adventure. It is one of the less-commercialized routes. Hence, it is also perfect for trekkers looking for a tranquil experience. Moreover, the cultural, traditional, and spiritual knowledge is one of a kind.

Let us explore more information about the Langtang Helambu And Gosaikunda Trek. But before that, you can check out the [Langtang Helambu And Gosaikunda Trek](#) here!

Langtang Helambu And Gosaikunda Trek Route (Day-To-Day)

We will begin your journey with a scenic drive from Kathmandu to Syabrubesi. The drive follows the Trishuli River and then crosses the Bhote Koshi River, following the Langtang Khola. It takes 7 to 8 hours to reach Syabrubesi, which is at an elevation of 1550 meters. It serves as the starting point of the Langtang Helambu And Gosaikunda Trek.

From Syabrubesi, you will trek alongside the Langtang River. The trail will ascend at first and then descend through the rhododendron and oak forests. Then, we will cross a bridge over the Langtang River and ascend on a steep trail to the Lama Hotel. The hotel is situated at an elevation of 2380 meters. The day's trek takes 6 hours.

We will begin ascending as we leave the Lama Hotel behind. The trail comes across waterfalls and green meadows. We can see the Ghoda Tabela (stable) in the meadows. Our trek will continue ascending the valley. After passing by several temporary settlements and a Buddhist monastery, we will reach Mundu. Mundu is located at an elevation of 3543 meters. The trek is around 6 to 7 hours.

Our next destination is Kyanjin Gumpa, a famous monastery at an elevation of 3870 meters. En route, we will pass by watermills, hillocks, prayer wheels, and mani walls. We will also see one of the largest mani walls in Nepal. After a 4—to 5-hour walk, we will reach **Kyangjin Gumpa**.

Kyangjin Gumpa is an important stop for acclimatization. From here, we can enjoy majestic views of the Himalayas and glaciers. It is important to stay active on acclimatization day, so we will explore Tserko Ri, which is at 5000 meters.

From Kyanjin Gumpa, we will head back to Lama Hotel. Today's trail is mostly downhill, and we will pass by several Tamang villages on the way.



We will climb uphill, leaving the Lama Hotel and going yoto the Rimche village. From then on, we will descend to the Langtang River banks. It is comparatively an easy walk up to Bamboo. After crossing a bridge, passing by the Pahare Hotel and a waterfall, we will reach Thulo Syabru. Finally, we will reach Thulo Syabru at 2230 meters altitude. The trek takes 4 to 5 hours.

From Thulo Syabru, we will head to Shin Gumpa next. The trail passes by a chorten and a checkpoint. When we reach Shin Gumpa, it also passes by the Garta village and Phulung Monastery. It is a short trek, and Shin Gumpa also serves as an acclimatization stop. It is situated at an elevation of 3450 meters.

The next destination from Shin Gumpa is Gosaikunda. The trail goes through ridges while providing panoramic views of the mountains. Gosaikunda Lake is a holy and sacred lake at an elevation of 4460 meters. It is surrounded by mountains and nine other lakes. It takes 5 to 6 hours to reach Gosaikunda from Shin Gumpa.

The trail from Gosaikunda now starts to descend towards Laurebina Pass (4610 meters). From here onwards, the trail to the Helambu region begins. It is a rough trek that passes through three small lakes. After passing through Surya Kunda and walking for around seven hours, we will reach Ghopte.

We will be heading to Melamchigaon next. We will walk through the dense forests and climb over a ridge on this day. Similarly, we will pass by Thare Pati village and cross two suspension bridges to reach Mealmchigaon (2560 meters). The whole day's trek takes around 6 to 7 hours.

As we leave Melamchigaon, we will again pass through forests. We will reach Ama Yangri, which sits at an elevation of 3800 meters. En route, we will pass by Buddhist prayer flags and stupas while the mountain views accompany us. The trail will continue through the forest until we reach Tarkejhyang. It is a beautiful Sherpa village at 2590 meters altitude. The walking distance is 5 to 6 hours.

From Tarkejhyang, we will head towards Shermanthang. It is a short and easy trek through dense forests, chortens, monasteries, mani walls, and charming villages. The whole trek takes 4 to 5 hours. Shermanthang is also a Sherpa village. It is situated at an elevation of 2610 meters and offers majestic mountain views of the Ganesh Himal, Jugal Himal, and Langtang ranges.

The trek from Shermanthang begins early. We will walk through meadows, terraced farms, and villages. After walking for around 3 to 4 hours, we will reach Melamchi Bazaar, where our trek will end. From Melamchi Bazaar, we will begin our drive back to Kathmandu. The drive will take around 3 to 4 hours.

Langtang Helambu And Gosaikunda Trek Difficulty

The Langtang Helambu And Gosaikunda Trek is challenging. The uneven and rugged terrains are not the only difficulties trekkers have to overcome. Many factors make the Trek difficult.

The first factor is the long trekking duration. The whole trek takes around 17 days. During the trek, trekkers have to walk anywhere from 6 to 7 hours. The trails require trekkers to ascend and descend on varied terrains, including steep and narrow sections. Similarly, trekkers have to cross suspension bridges and glaciers, making the whole journey physically demanding.

Another factor in the difficulty of Langtang Helambu And Gosaikunda Trek is the elevation. The trek's highest point is Tserko Ri, which is 4984 meters above sea level. Therefore, it is common for trekkers to experience some symptoms of altitude sickness while on the trek. The weather conditions also change rapidly at higher elevations.



The trail goes into a remote region with a lack of facilities and infrastructure. Trekkers can only access basic facilities. The connectivity of the internet and phone signal can also be limited. In addition to the physical challenge, this can add mental challenges.

Due to the difficulty of the Langtang Helambu and Gosaikunda Trek, it is not recommended for beginners. It is most suitable for more experienced and seasoned trekkers.

Best Time For Langtang Helambu And Gosaikunda Trek

March to May and September to November are the best times for Langtang Helambu And Gosaikunda Trek. The weather at higher elevations can change abruptly, but the weather is favorable primarily during these times. Take a look at the general overview of the weather and temperature during these months:

March To May

The March to May months fall in the spring. It is a vibrant season with warm temperatures. The Langtang Helambu And Gosaikunda Trek trail goes through the rhododendron forests. So, during these times, trekkers can witness the whole forest and Himalayan wildflowers in bloom. Similarly, the sky is clear, so the surrounding views are brilliant. These months also fall in pre-monsoon season, so there is less chance of rainfall.

The temperature in the lower region ranges between 5 to 15 degrees Celsius. However, the temperature of higher elevations can be a little cold. The temperature can drop significantly during the mornings and nights. The higher elevation temperature can range between -5 to 5 degrees Celsius.

September To November

September to November are the autumn months. They are considered the most suitable time for trekking across Nepal, including Langtang Helambu And Gosaikunda Trek. These months fall in the post-monsoon season, so the vegetation is luscious and green. The air is crisp, and visibility is excellent. The temperature is moderate, and the trail is dry.

The temperature in the lower region can range between 10 and 20 degrees Celsius. Similarly, the temperature at higher elevations is also relatively warmer than in the springtime, ranging between 0 and 10 degrees Celsius.

Last-Minute Booking For Langtang Helambu And Gosaikunda Trek

If you are wondering whether it is possible to make a last-minute booking for Langtang Helambu and Gosaikunda Trek, you can do so! NAATA Treks & Tours takes last-minute bookings for the trek. There will be no hidden or extra charges. Please feel free to contact us 24 hours before your scheduled departure date, and that is it. It is that easy!

We will make sure everything is arranged according to the package. In the same way, we brief you on departure. Our departure date is 100%, and we have 24/7 customer service. I want you to please be assured with your last-minute Langtang Helambu And Gosaikunda Trek booking with NAATA. For more information, you can contact us via email at info@naatatreks.com or by phone at +977-9818778432.

Frequently Asked Questions

How difficult is the Langtang Helambu And Gosaikunda Trek?

The Langtang Helambu And Gosaikunda Trek is physically demanding. Trekkers have to climb uphill and downhill on varied terrains and high mountain passes. Similarly, there are some steep sections which adds to the challenge. The trek duration is also longer in comparison to some other trek routes. Hence, it is a difficult trekking route.

Is the drinking water safe at Langtang Helambu And Gosaikunda Trek?

It is highly advised that you do not drink directly from natural water resources. Despite the water looking clean, it can be contaminated. To avoid the risk of water-borne diseases, carry a water bottle and fill it with boiling water. Similarly, you can carry water purification tablets or portable water filters. You can find bottled water but they are not good for sustainable tourism.

When is the best time for the trek?

From March to May and September to November are the best time for Langtang Helambu And Gosaikunda Trek. The favorable weather and warm temperatures make these months ideal for trekking. Similarly, the trails are well-defined and safe in these times. You can also enjoy the best views while trekking in these months.

Do I need to hire a porter for the Langtang Helambu And Gosaikunda Trek?

The Langtang Helambu And Gosaikunda Trek is a strenuous and challenging trek. Thus, it is recommended that you hire a porter. The trek duration is also long where you may have to walk 6 to 7 hours each day. Trekking with heavy baggage for such a long time is going to be physically strenuous. Hence, hiring a porter can help you to travel baggage-free.

What permits do I need for the Langtang Helambu And Gosaikunda Trek?

Yes, you will need permits for the Langtang Helambu And Gosaikunda Trek. You will need three permits which are a TIMS (Trekkers Information Management System) card, a Langtang National Park Permit, and a Shivapuri National Park Permit. You can get these permits through a government-registered trekking agency.

Address

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