

18 DAYS NEPAL (LANGTANG - GOSAINKUNDA - HELAMBU TREK)

FIXED GROUP DEPARTURE (FROM 02 NOVEMBER 2017 - 19 NOVEMBER 2017)

ITINERARY:

This amazing adventure combines the diversity of spectacular views of the Himalayas with a vast number of exciting ethnic encounters. The highlights of Langtang Trek are numerous however the main areas of interest are the rhododendron and bamboo forests with an abundance of wildlife, majestic waterfalls flowing over mammoth boulders, a chance to bathe in soothing hot springs, magnificent views of the snow covered white giant Langtang Lirung (7,200m/23,622ft), Visiting the holy lakes of Gosainkund.

Langtang, Gosainkunda & Helambu trek begin in the ancient city of Kathmandu; from where you will board the vehicle to Syabrubesi; the starting point of your trek. This is an interesting village on the banks of the Bote Kosi River. The trail gains elevation as you make your way along the Langtang Khola, first through forests of oak and rhododendron and then bamboo forests on the higher reaches of the trail. Traveling through Langtang (3,430m/11,253ft), you will reach the Langtang valley and the friendly Sherpa village of Kyanjing Gumpa (3,870m/12,697ft). In Kyanjing Gumpa you will experience the spiritual lifestyle of dedicated Buddhist monks who perform their rituals in a beautiful Monastery dating back to circa 1300 A.D. Early in the morning you will ascend Tserko Ri (5,000m/16,404ft) for tremendous view of the Langtang Lirung (7,200m/23,622ft) range. A short hike will also be taken to a magnificent glacial moraine (4,300m/14,107ft), which can be climbed depending on the time factor and offers more spectacular views of Langtang Lirung and the foot of one of its major glaciers. There will also be the opportunity of visiting a traditional cheese factory, where the produce is manufactured by hand. Once in Chadan Bari (3,330m/10,925ft), having traveled through Lama Hotel, you can relish magnificent views of the towering snow-covered Ganesh Himal (7,600m/24,934ft) and Langtang -II (7,227m/23,711ft) peaks. If lucky you might be able to spot the shy Red Panda that inhabits the Langtang region. Moving on to Gosainkund, watch the sun rise over a multitude of glistening Lakes of this sacred pilgrimage site. It is believed that Lord Shiva created the holy lake with his trident. After Laurebinayak pass (4,609m/15,121ft) you will also trek through some beautiful rice terraces and a number of splendid Buddhist monasteries around the delightful villages of Tarke Gyang and Sermathang (2,621m/8,599ft), before heading back to Kathmandu.

DAY TO DAY ITINERARY:

2ND NOVEMBER, 2017 (DAY 01): Arrival at Kathmandu International Airport and transfer to hotel. **STAY OVERNIGHT AT 3 STAR HOTEL IN KATHMANDU ON TWIN SHARING BASIS WITH BREAKFAST.**

MEALS INCLUDED: NONE

3RD NOVEMBER, 2017 (DAY 02): Relax day in Kathmandu. **STAY OVERNIGHT AT 3 STAR HOTEL IN KATHMANDU ON TWIN SHARING BASIS WITH BREAKFAST.**

MEALS INCLUDED: BREAKFAST

4TH NOVEMBER, 2017 (DAY 03): Drive from Kathmandu to Saybru Besi (1460m.) which takes about nine hours. You have to depart early for the nine hours drive to your starting point at the foot of the Langtang Valley. The road takes a spectacular route, climbing high over the ridges to escape the Kathmandu Valley and providing you with a superb panorama of the Himalaya, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region that you will soon become better acquainted with.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

5TH NOVEMBER, 2017 (DAY 04): Trek from Syabru Besi to Lama Hotel (2410m.) and it takes about six hours. The trail initially crosses the Bhote Kosi, flowing down from Tibet, literally a few kilometers away, and then gradually climbs up through the sub-tropical forests, teeming with bird-life, to join the trail from Syabru. You then follow the river, climbing through uninhabited forest of oak and rhododendron and maybe catching a glimpse of langur monkeys roaming through the trees. You climb along a steep trail to your camp in the forest. There are few lodges, shops and pub around this place.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

6TH NOVEMBER, 2017 (DAY 05): Trek from Lama Hotel to Langtang village (3330m.) which takes about five hours. As you continue climbing there are occasional glimpses of Langtang Lirung between the trees. At Ghora Tabela (3000m) the trail emerges from the forest. Once there was a Tibetan resettlement project here, but now it is a Nepalese army post though it has no permanent inhabitants. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. There is a monastery which you can visit shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park. The houses of Langtang and its neighboring villages are of the flat-roofed Tibetan style, surrounded by stone walls enclosing fields of buckwheat, potatoes, wheat, turnips and barley.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

7TH NOVEMBER, 2017 (DAY 06): Trek from Langtang village to Kyangjin (3730m.) and it takes about four and half hours. The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. Here there is a small monastery and a government-operated cheese factory. You should arrive at Kyangjin by lunch time allowing time to acclimatize and explore the area. It is a dramatic setting with snowy peaks surrounding you in all directions. You can enjoy panoramic views of Kyangjin Ri (4750m.), Tsergo Ri (5000m.), Ganja la (5160m.), Langshi sa- ri (6427m.), Dorji Lhakpa (6430m.), Naya Kang (5844m.), Yala peak (5500m.) and so on.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

8TH NOVEMBER, 2017 (DAY 07): Rest day in Kyangjin. It is a day to rest and explore the area. Make an excursion to Kyangjin Ri [4350m], directly behind the village, for a breath-taking panorama of the Langtang peaks.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

9TH NOVEMBER, 2017 (DAY 08): Trek from Kyangjin to Bamboo via Lama Hotel (2410m.) which takes about six hours.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

10TH NOVEMBER, 2017 (DAY 09): Trek from Lama Hotel to Thulo Syabru (2130m.) and it takes about four and half hours. You continue retracing your steps some of the way to Thulo Syabru, but then branch left up a steep path through forest to suddenly emerge with a view of Syabru and its extensive area of millet terraces. An undulating path brings you to this fascinating village where each house is set above its neighbor, in a long line up the very crest of the ridge. It's a great place to wander about, catching glimpses of Tamang life, admiring the beautifully carved wooden windows or simply relaxing in the sun.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

11TH NOVEMBER, 2017 (DAY 10): Trek from Thulo Syabru to Sing Gompa (3330m) which takes about five hours. From Thulo Syabru it is a steep climb through forests of oak, fir and rhododendron to the top of a ridge. From here it is only a short descent to Sing Gompa. There is a Buddhist monastery and a small cheese factory here.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

12TH NOVEMBER, 2017 (DAY 11): Trek from Sing Gompa to Gosaikund (4380m.) and it takes about five hours. From Sing Gompa you climb a ridge to the main Gosaikund trail. There are good views across Langtang valley to Langtang Lirung. To the west there are dramatic views of the Ganesh Himal and Manaslu. Eventually, the trail descends from the ridge to the first of three lakes, Saraswati Kund. The second lake in the chain is named Bhairab Kund, and the third, Gosaikund. This lake is particularly sacred and a place of pilgrimage in the summer. According to legend, this lake was created by Shiva when he pierced a glacier with his trident to obtain water, quenching his thirst after taking some poison.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

13TH NOVEMBER, 2017 (DAY 12): Trek from Gosaikund to Ghopte (3430m.) which takes about seven hours. The trails leaves Gosaikund and climbs through rugged country, past four more small lakes to the Laurebina La [4610m], the highest point of this trek. Keep looking back for spectacular views of Manaslu and the mountains of the Ganesh Himal, as well as the now familiar Langtang Lirung. You

then descend steeply to camp near Gopte. It is known for natural vegetation.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

14TH NOVEMBER, 2017 (DAY 13): Trek from Ghopte to Melamchi Gaon via Tharepati Pass (3490m.). The first part of the trails slightly descends and then begins to ascend through the rhododendron forests until Tharepati and then you trek goes in descending order. Before climbing to Tharepati, a group of herders' huts at 3579m, you cross a stream after coming through rhododendron, oak and juniper forests. From Tharepati the trail gradually descends through pine and rhododendron forest with good views down into the Helambu valley and across to Jugal Himal and Numbur in the Solu Khumbu. Melamchi Gaon is surrounded by beautiful forests, which is mainly inhabited by Sherpa people with their distinctive culture. There are situated some Buddhist monasteries.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

15TH NOVEMBER, 2017 (DAY 14): Trek from Melamchi Gaon to Tarkeghyang (2743m.) which takes about three hours. The early part of the trek descends until you cross the stream named as Melamchi. Now you trek gently up to Tarkeghyang passing through Sherpa settlements. Tarkeghyang is a beautiful Sherpa village with one of the oldest and biggest monasteries.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

16TH NOVEMBER, 2017 (DAY 15): Trek from Tarkeghyang to Shermathang (2621m.) and it takes about five hours. This day the trail is quite easier through flat land with beautiful forests on the way. You trek on crossing some small streams on the way. There is situated a beautiful village on the half way to Shermathang. To add your joy, Shermathang is another pretty Sherpa village where you can visit many ancient monasteries. There you can see Jugal Himal range at the north face of Shermathang village.

MEALS INCLUDED: BREAKFAST, LUNCH & DINNER

17TH NOVEMBER, 2017 (DAY 16): Trek from Shermathang to Melamchi Pul Bazaar (846m.). On the same day drive back to Kathmandu. STAY OVERNIGHT AT 3 STAR HOTEL IN KATHMANDU ON TWIN SHARING BASIS WITH BREAKFAST.

MEALS INCLUDED: BREAKFAST & LUNCH

18TH NOVEMBER, 2017 (DAY 17): Sightseeing tour to Pashupatinath, Boudhanath & Kathmandu Durbar Square. STAY OVERNIGHT AT 3 STAR HOTEL IN KATHMANDU ON TWIN SHARING BASIS WITH BREAKFAST.

MEALS INCLUDED: BREAKFAST

PASHUPATINATH TEMPLE

Situated 5 kilometers east of Kathmandu City, Pashupatinath temple is one of the holiest temples dedicated to Lord Shiva. Situated amidst a lush green natural setting on the bank of the sacred Bagmati river, the temple built in pagoda style has jilted roof and richly carved silver doors. Visitors will be permitted to view the temple from the east bank of Bagmati River, entrance in the temple being strictly forbidden to all non Hindus. Pashupatinath is the centre of annual pilgrimage on the day of shivaratri which falls in the month of February/March. Behind the temple are the cremation grounds.

BOUDHANATH STUPA

This Stupa, 8 kilometers east of Kathmandu City, is one of the biggest in the world of its kind. It stands with four pairs of eyes in the four cardinal direction keeping watch for righteous behaviour and human prosperity. This Buddhist Stupa was built by King Man Deva at the advice of the Goddess Mani Jogini. It is built on an octagonal base inset with prayer wheels. The shrine is ringed by houses of Lamas or Buddhist priest.

KATHMANDU DURBAR SQUARE is one of the most popular tourist destination is enlisted in World Heritage Sites. Clustered around the central Durbar Square are the old Royal Palace (Hanuman Dhoka), numerous interesting temples, the Kumari Chowk or Kumari Bahal (House of the Living Goddess) and the Kasthamandap (House of Wood) from which Kathmandu derived its present name. An inquisitive exploration in the Durbar Square reveals the ancient art and architecture of Nepal which has proved to be a masterpiece to everyone accepting its genuineness.

OUR SWEET SERVICE: Farewell dinner at typical Nepali cultural heritage restaurant.

19TH NOVEMBER, 2017 (DAY 18) : Fly out from Kathmandu.

MEALS INCLUDED: BREAKFAST

The total package cost for the above mentioned NEPAL TRIP WITH LANGTANG – GOSAINKUNDA – HELAMBU TREK 18 DAYS FOR NOVEMBER 2017 is **US\$ 2600** per person based on group joining basis.

THE COST INCLUDES:

- * SERVICES FOR KATHMANDU
- * Airport pick up and drop off services by private AC vehicle
- * 4 nights hotel accommodation at 3 star hotel in Kathmandu on twin

sharing basis with breakfast

- * Sightseeing tour as per the above itinerary
- * An English speaking tour guide
- * A private vehicle for sightseeing tour
- * Entry fees for sightseeing tour

* SERVICES FOR LANGTANG TREKKING

- * An English speaking Trekking Guide
- * Necessary porters
- * Entry permit for Langtang National Park
- * Trekkers' Information Management System (TIMS) card
- * Transfer from Kathmandu to Syabrubesi by private vehicle & from Melamchi Pul Bazaar to Kathmandu by private vehicle
- * All meals three times a day (breakfast, lunch and dinner).
- * Accommodation in teahouses (lodges) during the trek
- * Rescue help
- * First aid kits
- * Insurance and equipment for the Nepali staffs

THE COST DOES NOT INCLUDE:

- * Personal nature expenses such as drinks, beverages, hot shower on trek etc.
- * Tips
- * Lunch and dinner in Kathmandu
- * Services other than mentioned above

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