



## Langtang, Gosaikunda, Helambu Trek 16 Days.

### Details Itinerary

This combined trek takes you to northern Nepal into the Langtang National Park. The first destination is the beautiful Langtang Valley with all its scenic forests and admirable landscapes. The second destination of the trek, Gosaikunda region, is a system of high-altitude lakes where Gosaikunda itself is one of the bigger lakes. Coming back to Kathmandu, the third destination in the trek is Helambu, a place of sparse villages and hilly terraces with isolated population but a unified Yolmo culture.

Langtang is particularly full of lush green forests, thick vegetation and a number of beautiful waterfalls. With plenty of stopovers, this trek provides good photography opportunities. Waterfalls that soothe the mind, forests laden with moss and greenery, rivers gushing down through rocks and boulders - these are some of the experiences you can expect from the trek. Langtang is also a place of diverse wildlife, so it is quite possible to encounter wild animals (especially the Red Panda) on the tour - just make sure that you keep out of the way - do not reach out to them or try to offer them food if you happen to encounter wild animals.

Gosaikunda, along with several other "kundas" form a system of lakes within Langtang National Park. A "kunda" is a lake (or a very large, oversized pond) - and Gosaikunda has been the destination for thousands of pilgrims who go dip in its water every year from all over Nepal and India. Stories have it that there was a huge primordial battle between gods and demons who wanted to drink from these immortal waters first. If you happen to travel the route in July-August, you will definitely encounter files and files of people walking towards Lake Gosaikunda.

In this program first you drive from Kathmandu to Syabrubesi, a quiet Tamang village at the north of Kathmandu. Further along, we get to Kyanjing Gumba (or Kyangjin Gumpa as it is sometimes called) and stay for a night. Next, we climb up Kyanjing-Ri a vantage point with stunning views of Langtang-Lirung mountains above and green forests below! On the coming days we will trek to Gosaikunda, and further to Helambu region after crossing the Laurebina Pass. Along the route you will see a range of mountains of the Himalayan range close to the Tibetan border.

---

**This trip is a series of excitement one after the other because each destination is more inviting than the previous one. Book this trip with Discovery Mountain Trek for a memorable trip to the beautiful Langtang region of Nepal.**

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4610m
Duration:	:	16 Days
Walking Days:	:	12 Days
Activity:	:	Trek
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU (1365M)**

After your arrival at Kathmandu International Airport, we will pick you up and transfer you to the hotel. You can stroll around Thamel or your hotel area, and prepare for the trek ahead.

#### **DAY 2 : DRIVE FROM KATHMANDU TO SYABRUBESI (1535M) 7/8H DRIVE**

After breakfast, begin a drive from your hotel headed to Syabrubesi. It's a seven to eight hour drive taking you through hilly paths and also along the banks of Trishuli River before you reach Syabrubesi. Stay overnight at Syabrubesi.

#### **DAY 3 : TREK FROM SYABRUBESI TO LAMA HOTEL (2370M) 6/7H TREK**

Syabrubesi is the starting point of your trek into Langtang National Park. You begin the journey after breakfast, immediately coming to the Bhotekoshi River and bamboo forests. This is where you might come across the red panda, a species of panda native to this region. From there we do a brief stop and trek along the ascending trail until we arrive at the secluded Lama Hotel located at 2,370 meters.

#### **DAY 4 : TREK FROM LAMA HOTEL TO LANGTANG VILLAGE (3425M) 5/6H TREK**

Today our destination is to reach Langtang Village. It's a normal paced walk of around six hours with brief rests along the way. The route today is a gradual uphill climb lined with waterfalls, rhododendron forests, maple trees, and also the poisonous hemlock bushes. Once past Ghoda Tabela, we can have excellent views of the Langtang-Lirung range and a glacier too. Still ascending, we pass through sparse settlements and a monastery before arriving at Langtang Village.

#### **DAY 5 : TREK FROM LANGTANG VILLAGE TO KYANGJIN GOMPA (3850M) 5H TREK**

Compared to regular days of trek in Nepal, it's a fairly short trek today. In a hastened pace, we can cover the distance to Kyanjin Gumpa in around four hours but at a normal pace it's around five hours. Today is a special day in Langtang as you will visit a medieval monastery and also sample some yak cheese in the cheese factory. In addition, today you will come across the largest mani wall (distinct stone wall with prayer inscriptions) in the country. Kyanjin Gumpa is located at 3,870 meters, where you will stay overnight.

#### **DAY 6 : TREK FROM KYANGJIN GOMPA TO LAMA HOTEL (2370M) 6/7H TREK**

Today we will return to Lama Hotel retracing the same route we took a couple of days ago. After breakfast, we start walking along the descending trek. The stops are aplenty today, providing us with lots of chances for photography along this scenic route. Arriving at Lama Hotel, we unpack and enjoy the evening resting in the quiet locale.

#### **DAY 7 : TREK FROM LAMA HOTEL TO THULO SYABRU (2210M) 6/7H TREK**

After breakfast at Lama Hotel, we begin by climbing up to the village of Rimche and then take the descending route to Langtang river. This is where the trek gets easier and more beautiful for the rest of the day. Presence of at least one waterfall, rivers, secluded hills and forests, views of snow-capped mountains, and the perfectly natural environment will make the trek more pleasurable. Stay overnight at Thulo Syabru at 2,210 meters

#### **DAY 8 : TREK FROM THULO SYABRU TO SING GOMPA (2210M) 3/4H TREK**

It is a short trek today to Sing Gumpa. While it is possible to reach Gosainkunda at 4,445 meters on this very day, we avoid the risk of getting up to the high altitude, and let our bodies acclimatize as we gradually move higher on the next day. The total walking duration is less than four hours today, which we do at a leisurely pace - first passing through a chorten, then the village of Garta before arriving at Shin Gumpa for the overnight stay.

#### **DAY 9 : TREK FROM SING GOMPA TO GOSAIKUNDA (4445M) 5/6H TREK**

Today it's a relatively difficult section of the trek as we will be reaching Lake Gosainkunda through steep ascents and sharp ridges. On the brighter side, the trek is completely full of wonderful views of high-altitude lakes and white peaks of the Himalayan Range including Annapurna, Langtang, and Manaslu ranges. Upon reaching Lake Gosainkunda, you will immediately appreciate how enchanting nature can be - particularly when you're beside a huge lake surrounded by mountains everywhere.

#### **DAY 10 : TREK FROM GOSAIKUNDA TO LAUREBINAYAK PASS TO GOPTE. 6/7H TREK**

Starting early from Gosainkunda, we first cross the pass of Laurebina and then descend along a rocky trail. We might take some snapshots of a couple of high-altitude lakes before coming down to lush vegetation across a forest. Cross it and before you know it, you have arrived at Gopte located at 3,445 meters. The trekking duration is around seven hours - after which you will have an overnight stay at Gopte.

#### **DAY 11 : TREK FROM GOPTE TO MELAMCHI GAON (2545M) 6/7H TREK**

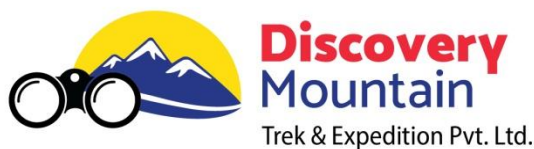
Melamchi or Melamchi Gaon as it is called by the locals, is the next destination of our trek. Leaving behind Gopte, we are now completely out of the Langtang Region. The trek to Melamchi today is around seven hours at a leisurely walk. Early on, we will walk through dense forests to arrive at Thare Pati. From there we take a route by a ridge - the views from where are astounding. After a quick stop here, we will descend until we come to the river, cross it, and arrive at Melamchi where we'll stay for the night at a lodge.

#### **DAY 12 : TREK FROM MELAMCHI GAON TO TARKEGYANG (2575M) 6H TREK**

It's a six-hour trek today, mostly uphill. So have a good breakfast and get ready for the scenic trail. First, cross a river and then some forests leading up to the vantage point of Ama Yang. From this hill you can have excellent close-up views of Mt. Shishapangma and a few other peaks. Next, a few yak sightings along the descending trail will make you want to take selfies with the bovines, but refrain from doing so! Walk on, cross the forest and arrive at the Sherpa village of Tarke Ghyang located at 2,575 meters.

#### **DAY 13 : TREK FROM TARKEGYANG TO SARMATHANG (2615M) 4H TREK**

Leaving behind Tarke Ghyang, the easy trek today is less than four hours to Sarmathang. First we cross a thick forest and arrive at a village with a monastery. Next, we come across a mani wall - clearly the sign of a Sherpa settlement nearby. As we get closer to the village of Sarmathang, we begin to see the magnificent views of the Langtang peaks.



Regd. No. : 161822/073/074  
P.O. Box: 24209 | Kathmandu, Nepal  
Ph: 01-4811874, 9841816570  
sherpachiring00@gmail.com  
www.dmountaintreks.com

---

Once at Sarmathang, we take the rest of the day off, basking the beauty of this surrounding. Overnight stay at Sarmathang.

#### **DAY 14 : TREK TO MELAMCHI AND DRIVE TO KATHMANDU 4H TREK 2H DRIVE**

As we come near the end of the program, we trek down from Sarmathang to Melamchi. This scenic and easy trek today is less than four hours - taking you through terraced fields and open grasslands. When you have done capturing some photos, you will notice that you have arrived at Melamchi, a village at the north-eastern region of Kathmandu Valley. After a brief stopover here you will drive to Kathmandu, arriving at your hotel at night.

#### **DAY 15 : KATHMANDU SIGHTSEEING**

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

#### **DAY 16 : DEPARTURE TRANSFER**

After breakfast, or on the scheduled time of check-in, we will take you to the airport for your flight ahead.

### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Down jacket and sleeping bag: to be returned after trip completion
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: National park, ACAP and TIMS
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

---

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

---

## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns



- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

### **MEDICAL**

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

---

## Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

## Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

## RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

## IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.