

Earthbound Expeditions

Langtang Helambu Trek

16 days, from US$1,387 per person

Duration	Group size	Country
16 days	**16 People**	**Nepal**

Langtang Helambu Trek Overview

In our Langtang and Helambu valley trek, you will also pass through mountain grazing cattle's on the rich alpine pastures under the watchful eyes of their herders. Breathtaking mountain views immerge on your ascent as the vegetation becomes sparser and the conditions more challenging. Once you enter the core Langtang valley from Ghora Tabala you will find fluttering prayer flags in the main trails, brightly painted chortens, long Mani walls carved Tibetan Buddhist mantra Om Mani Padme Hum and yak herders welcome you to the land of these high mountain people. You will also pass through the Holy Lake of Gosain Kunda which is also known as Frozen lake.

Langtang and Helambu Valley Trek via Gosainkunda Lake :

We drive to northeast of Kathmandu to Syabru Bensi which is 125 kilometers and is the starting point of this spectacular Langtang valley trek towards the awesome Ganesh Himal and Langtang region of central Nepal.

Moving up a gentle gradient, you pass along the dramatic ridges through villages inhabited by Tibetans, Tamangs and Sherpa people where you will come across the lush forest of Rhododendrons, conifers and oaks in this beautiful Langtang valley.

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Langtang Lirung, Langshisa, Ganjala Peaks proudly shows above as you head for the main Langtang and Kanjing trail. This adventure takes you off the bitten track into the valley of a hardy untouched people of Langtang and Helambu via famous holy Lake Gosainkunda . You will have ample time to explore and relax in Kathmandu, after the Langtang and Helambu valley trek.

Earthbound Expeditions provide "Langtang Helambu Trek" at the best price which costs you just $ 1,387 USD.

Cost Includes/ Excludes

Includes

- Accommodation in a (3) three starred hotels in the cities but for the duration of the trek only effortless lodges are available.
- Ground transportation provided.
- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you.
- Full broad meals will be provided throughout the trek.
- Government trained guides and needed no. of porters with their insurance, salary and meals will be provided.
- Farewell dinner along with one cultural show.
- Every single entry fees and TIMS permit will be provided.
- Every single Domestic Flights will be booked according to the Itinerary listed.
- Sleeping bags and down jackets for trek will be provided.
- Car / Bus / Domestic Flights included.

Itinerary

Day 1

Arrival in Kathmandu

Arrival in Kathmandu, stay in a 3 star hotel.

Day 2

Sightseeing in Kathmandu

Full day Kathmandu valley tour of UNESCO world heritage sights.B

Day 3

Drive to Syabrubensi.

Drive from Kathmandu to Syabru Bensi by bus about 7 hours. Stay in Syabru Bensi.

Day 4

Trek to Lama Hotel, stay there

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Day 5

Trek up to Langtang village (3200mtr) via Ghoda Tabala, walk with excellent Mountain View.

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Day 6

Trek to Kanjying Gompa (3792 mtr).It is an excellent walk. It provide close up view of whole Langtang range

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Day 7

Full day excursions around a great place to be. A rest day in a beautiful valley surrounded by beautiful snowy peaks.

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Day 8

Trek down to Lama Hotel, stay there.

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Day 9

Trek to Thulo Syabru and stay there.

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Day 10

Trek to Chandanbari (sing Gompa and stay there).

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Day 11

Trek to Gosain Kunda and stay there.

Trek to Gosain Kunda and stay there.

Day 12

Gosain kunda to Ghopte stay there,

Gosain kunda to Ghopte stay there,

Day 13

Trek to Kutumsang, the whole view of Helambu valley.

Trek to Kutumsang, the whole view of Helambu valley.

Day 14

Trek to Golvanjyang, stay overnight there

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Day 15

Trek down to Sundarijal and drive to Kathmandu evening join Nepalese cultural show and dinner.

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Day 16

Departure to home .

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Not included

- International Flight tickets.
- Museums entrance fees.
- All personal expenses such as bar bills, beverage, snacks etc.
- Airport tax.

- Extra shower, battery re-charge, laundry charge etc.
- Personal clothing and gears.
- Tips to guides and porters.
- Cost raised by cancelation, landslide, weather, political unrest, illness will not be our responsibility since these factors are not within our grasp.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/langtang-helambu-trek