



Langtang Helambu Gosainkunda Trek

Itinerary Details of Langtang Helambu Gosainkunda Trek

Day 01: Arrival in Kathmandu airport and transfer to hotel(1350m)

Day 02: Drive from Kathmandu to Sybrubensi(1467m) North of Kathmandu via Dhunche village. While passing along the Trishuli River, which takes approximately nine hours, and overnight in teahouse.



Day 03: Trek from Sybrubensi to Lama Hotel (2470M). This approximately five hours, and overnight in teahouse.

Day 04: Trek from Lama Hotel to Langtang(3430m) via Ghore Tabela which takes approximately six hours.

Day 05: Trek from Langtang to Kyangjin Gomba (3870m) you should arrive at Kyangjin at lunchtime then you acclimatize and explore the area, Which takes approximately five and half-hours and overnight in teahouse.



Day 06: Rest at Kyangin for acclimatization you can visit the monastery and the cheese factory, walk up glaciers of Langtang Lirung or ascend Kyangjin Ri (4350m.) behind the village, for a breathtaking panorama of the Langtang peaks and back to hotel.

Day 07: Trek from Kyangin to Lama Hotel (2470m), which takes approximately four hour

Day 08: Trek from Lama Hotel to Thulo Syabru(2660m) This takes approximately five hours

Day 09: trek from Thulo Syabru to Shin Gumba(3220m) This takes approximately five hours



Day 10: Trek from Sing Gomba to Gosainkunda(4361m) via Lauribinayak This takes approximately five hours

Day 11: Trek from Gosainkunda to Ghopte(3430m) via Laurebina pass(4610m) This takes approximately five hours.



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Day 12: Trek from Ghopte to Mangengoth(3420m) via Thadepati Bhanjyang this takes approximately six hours

Day 13: Trek from Mangegoth to Golphu Bhanjyang(2130m) via Kusumtang(2470m), which takes approximately five hours

Day 14: Trek from Golphu Bhanjyang to Chisapani(2165m) which takes approximately five hours and overnight teahouse .

Day 15: Trek from Chisapani to Sundarijal (1460m), the trail enters through the Shivpuri Watershed and Wildlife Reserve and drive back to Kathmandu by car and transfer to hotel.



Day 16: Full Day sightseeing in Kathmandu valley (Durbar Square, Swoyambhunath, Boudhanath & Pashupatinath) and Nepalese cultural program with farewell dinner in the evening.

Day 17: Final departure ,or alternative Join other activities



Cost Include

- pick up and drop from Kathmandu airport to airport .
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) during the trek.
- Full board Accommodation of Lodges, Guesthouses in Twin Sharing Bases during the trek
- [Trekking Permit](#) (National Park entry fee)
- [TIMS card \(Trekking Information Management System\) Permit](#)
- Necessary staff during the trekking period With Experience [Guide and Porter](#).
- 20 Kg Luggage free Per Person during the trekking.
- Trekking porter carry all personal gear and group equipment
- Surface transportation will be available as per itinerary.
- An Experienced Government license holder Trekking guide trained in wilderness first aid.
- Facility of Food, accommodation, salary, insurance, equipment and medicine for all trekking staff.
- Group medical supplies (First Aid medical kit will be available)
- English speaking Tour guide for Kathmandu Valley Sightseeing tour by private car / van.
- Kathmandu Valley Sightseeing





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- All necessary paper works, office Service charge and Government Taxes
- complete pre-departure information, flight ticket reconfirmation and extend visa service(if necessary)
- Farewell Dinner in Kathmandu before departure.
- Snowy Horizon Special Gifts (T-shirt, Pashmina)

Cost Exclude



- Lunch and dinner in Kathmandu.
- Emergency rescue evacuation if required.
- Personal accident insurance or Helicopter rescue.
- [Airfare Domestic/ international flights](#)
- [Nepal entry visa fee](#), Visa issuance is easy at the arrival
- Any kind of Alcoholic, hot and cold drinks, hot shower.
- Alcoholic beverages, Mineral water, laundry, phone calls, internets.
- National Park entry fee and royalty (for off the beaten Trail and wilderness area) where we need special permit.
- All kind of Personal Expences
- Any others expenses which are not mentioned on Price Includes section
- Tips, gifts, souvenirs.

