



Langtang, Gosainkunda, Helambu Trekking - Itinerary

1. Arrival in Kathmandu

Altitude: 1,350m/4,428ft – Namaste and Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you to the airport and transfer you to the hotel. Take some rest and at evening we will give you short briefing or further details of the trip program.

2. Kathmandu to Shabrubeshi (1460m). 7-9hrs drive

We climb up to the Trishuli valley through twisted roads and continue to Betrawoti. During the trail, you get to observe the exciting sceneries with lush green forests and excellent views of Annapurna ranges along with Manaslu and Ganesh Himal. Besides this, we pass through the enchanting rivers and colorful villages with many people from different ethnic communities. Here we get to observe the old stone houses built with large stones by ancient people. After we arrive at Dhunche we will visit Langtang National Park. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

3. Syabrubesi to Lama Hotel (2560m) – 5 hrs

Today we start our trek to Lama Hotel with early breakfast. Ascending through the forest and along the river bank, the trail takes us to Bamboo Village where we stay for some time and have lunch. After lunch and some rest, we descend down through the beautiful forests with rhododendron flowers. On the way, we cross the small suspension bridge of Langtang Khola and walking by the trail in a few hours we reach to Lama Hotel for an overnight stay. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Lama Hotel to Langtang valley (3455m)

From Lama Hotel we trek to Ghora Tabela first, passing beautiful forests filled with rhododendron flowers and attractive oaks plus maple trees. We take a rest and have our lunch here in Ghora Tabela. Then we trek to Langtang valley, which is inhabited by Buddhists and Tibetans. So, the region offers a great chance to closely understand Tibetan culture. Along with this, we observe excellent views of Himalayas and old monasteries on the way. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Langtang to Kyanjing Gomba(3817m)

We trek to Kyanjin Gomba one of the main features of exploring this region. Following the Himalayan sceneries, we continue our journey and pass by crossing many stones. During this, we observe ancient pieces of stuff like water mills, chortens and prayer wheels in monastery and after walking for some hours we reach Kyanjin Gomba. Where we will have lunch and stay for a night. Mt. Ganchemo and Langtang are some mountains you can see from here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Explore around the Kyanjing Gompa

Kyanjing Gompa is famous for cheese factory and monastery. So, you can take a day to explore the valley and be surrounding or you can hire a guide and go Kyanjing-ri or the northern part of the glacier to enjoy the views. Kyanjin Gompa is one of the tourist's attractions which offer you beautiful moments of your life. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Kyanjin Gompa to Ghodatabela(3020m)

Today we take our journey back to Ghodatabela through the panoramic views of mountains and rhododendron flowers in lush green forests. We take our lunch here and descend down via the same way. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Ghodatabela to Bamboo Village (2145m)

Again from Ghoda tabela we trek back to Bamboo Village with the same remarkable views and scenery of mountains and green trees. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Bamboo to Thuloshyabru(2228m)

From Bamboo village, we walk for a few hours and reach to Lama Hotel for overnight stay. This is a little long day walking but it is worth it. Firstly we trek down to the bank of the Langtang River. Then again we climb uphill through landslide area of rock and boulders. Then passing through farm terraces and bridges we reach Tholo Syabru where we can get to see the monastery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Thuloshyabru to Sing Gompa(3250m)

Climbing uphill we gain more height as we reach Singh Gompa after passing through alpine forest and rhododendrons and farmlands. During the trip we can see superb view of Ganesh-Himal, Manaslu, Langtang and Annapurna range also. This is a short walk with scenic views which also helps us to acclimatize with high altitude. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Sing Gompa to Gosaikunda(4397m)

Today we trek from Sing Gompa to Gosaikunda which offers us spectacular views of mountain ranges of Langtang and Ganesh-Himal on the North West. The trail gradually gains altitude and leads us to the woodland of oaks, pines and rhododendrons and then we reach to Gosaikunda after a short walk. Gosaikunda is considered as one of the holy lakes in Nepal where many Hindu pilgrims come to change their holy thread. Janai Purnima which falls in August is the main festival celebrated in Gosaikunda. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Gosaikunda to Dhunche(2030m)

Gosaikunda to Dhunche is an exciting trek offering many mountainous views and settlements of local people from the different community with their traditional and religious values. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Drive back to Kathmandu by local bus

We drive back to Kathmandu by local bus. And get to remark the views that we observe for the first time

while driving from Kathmandu to Syabrubesi via Dhunche. Arrive at your hotel and take some rest or do shopping for rest of the day. At evening join the evening meal and cultural program offer by the company (Sunrise Adventure Treks). Meals included: Breakfast and dinner and finally an overnight stay in hotel.

14. Departure

Hope you had a nice stay. Our airport representative takes you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal or outside Nepal with Sunrise Adventure Treks. Have a safe flight!

INCLUSIONS

- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight major meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)