

# LANGTANG-GOSAIKUNDA- HELAMBU



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Url: <https://mandalatrek.com.np/trip/trek-langtang-gosaikunda-helambu/>

## **Country**

Nepal

## **Difficulty**

easy

### **Day 01: ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL IN B/B**

### **Day 02: FREE DAY IN KATHMANDU**

### **Day 03: ROAD ON SYABRUBESI (1467M) VIA TRISHULI (NUWAKOT) (8H)**

You head north from Kathmandu by car through scenic hills and ridgeline vistas to Syabru besi passing through Dhunche. Passing along the road at the bank of the Trishuli River you catch glimpses of Ganesh High Himalayas, terraces and green hills. As you pass through Dhunche you feel as if you are heading deep into land. At the same time, you will notice that the road after Betrawati is still under construction.

### **Day 04: SYABRUBESI - GATLANG (2238M - 6H)**

While trekking you experience the Tamang culture. You can see the landscape from the vantage point. This day you walk through village. The cultural spectacle at Goljung and Gatlang makes your trekking a memorable one. Gatlang situated high on a hill between terraced fields is a settlement Tamang. One can visit a Tamang monastery and beautiful Parvatikunda Lake at Gatlang.

### **Day 05: GATLANG - TATOPANI (2607M - 3H)**

On how you enjoy Langtang range and ganesh High himalayas tours. At Tatopani which means “naturally hot water”, you can take hot bath in natural hot springs from bathing areas in the tower of the mountain. It is believed that immersing yourself in this spring would cure you of your aches and pains. This day trek

provides you with an opportunity to experience the Tamang culture.

### **Day 06: TATOPANI - THUMAN (2338M.) VIA NAGTHALI (3165M - 5H)**

You trek via Bimthang. Along the way you may encounter animals like Monkeys and Deer. The panoramic view of Langtang, Ganesh, high himalayas, Sanjen beaches can be distinctly experienced from Nagthali. Nagthali used to be a popular meditation center for monks and priests. Another Thuman cultural village is popular for its shamanic performances and magnificent view of Langtang. Magnificent mountain views can be seen from Thuman in every room.

### **Day 07: THUMAN - BRIDDIM (2229M.) VIA LINGLING (7H)**

This day you can observe the Tibeto Burman Tamang culture on the way. You can experience the village life of Briddim. Besides, you can enjoy cultural show performed by community members. You can also experience homestay and Tamang culture. To mention about Briddim is a Tibetan Buddhist village in the Langtang Himal lap. About 43 houses are arranged in a Z shape. Most of the houses are made of stone and have splitshake roofs. As a direct descendant of ancient Tibetan immigrant, the culture and tradition of Briddim closely resembles that of nearby Tibetan villages.

### **Day 08: BRIDDIM - LAMA HOTEL (2470M - 6H)**

You walk through Briddim village while observing local life and culture and interacting with locals. Later, you will find that the settlement of Dalai Hotel is located on the banks of the Langtang River and surrounded by lush forests and mountains.

### **Day 09: LAMA HOTEL - LANGTANG (3430M - 5H)**

Along the way, you are quite mesmerized by the magnificent view of Langtang Beach. You can also experience and observe Tibetan settlements.

## **Day 10: LANGTANG - KYANGJIN (3870M - 3H)**

This day you can see the Kyangjin Glacial Valley on Langtang's lap

Lirung and surrounded by snow-capped mountains which is also the closest settlements in the world to glacier. If you happen to visit during the monsoon, you will find various Himalayan wildflowers.

## **Day 11: KYANGJIN - LAMA HOTEL (2470M - 6H)**

From Kyangjin you retrace your route, following the Langtang Khola to the village of Langtang and to Ghora Tabela. After lunch, you continue the descent to Lama Hotel.

## **Day 12: LAMA HOTEL - THULO SYABRU (2250M- 5H).**

## **Day 13: THULO SYABRU - LAURE BINAYAK (3960M, 5H30M)**

## **Day 14: LAURE BINAYAK - GOSAIKUNDA (4300M, 3H)**

## **Day 15: GOSAIKUNDA - GOPTA (3430 M, 6H)**

## **Day 16: GOPTA - TAREPATI (3640M) - MELAMCHI GAON (2530M, 5H)**

## **Day 17: MELAMCHI GAON - NAKOTE (1980M) - TARKE GYANG (2590M, 5H)**

## **Day 18: TARKE GYANG - GHANGYUL (2520M) - SERMANTHANG (2590M, 5H)**

## **Day 19: SERMANTHANG - THIMPU- KATHMANDU BY**

## **COLLECTIVE BUS.**

Overnight in Kathmandu

## **Day 20: FREE DAY IN KATHMANDU.**

Overnight in Kathmandu

## **Day 21: DEPARTURE**