



**Himalayan Glory
Travels and Tours**

"Holiday Planner in Himalayas"

Himalayan Glory Kailash Tour and Travel Services

Langtang Helambu Trek

Trip Overview

The Langtang Helambu Trek located north from Kathmandu Near Tibetan border of Nepal, the trek is amously known as tamang home stay trek, it provides camping and homestay facilities. The trek along this unbeaten trail is a new experience for the trekkers experiencing the beauty of this mountain region with the culture of local people. You trek through Tamang villages with its life, culture and crafts which have remained untouched from the beginning of the settlement. The trekkers will receive hearty felicitation by the locals rich in their distinct costumes, architecture of their mountain houses and ancient monasteries. It offers you wilderness experience through beautiful landscapes of alpine terrain, flat meadows and rhododendron forests.

And, the holiest lake above 4000 meter known as Frozen Lake locally named Gosainkunda, sarrounding the hills and Himalayas ponds are sacred lands to explore on the trek.

Trip Highlights

Day 1: Day 1: Arrival to Kathmandu airport and transfer to hotel

Day 2: Day 2: Drive to Syabru Beshi (1462m) and overnight at hotel

Day 3: Day 3: Syabru Beshi to Lama Hotel 2438m - 6:00 hrs

Day 4: Day 4: Lama Hotel to Langtang Valley 3400m - 6 hrs

Day 5: Day 5: Langtang Village to Kyangin Gopma Trek 3800m. 6 hrs

Day 6: Day 6: Tserkuri Hike 4900m 6 hrs

Day 7: Day 7: Trek back to Kymche 2500m. 6 hours

Day 8: Day 8: Trek to Syabru Village (2200m) 5 hours.

Day 9: Day 9: Trek to Sing gomba (Chandanbari) 3400m. 5 hours.

Day 10: Day 10: Trek to Gosainkunda Lake 4300m. 6 hours.

Day 11: Day 11: Trek to Ghopte via Lauribina La Pass (4600m) 8 hours trek.

Day 12: Day 12: Trek to Kutumsang Village. 2400m. 6 hour.

Day 13: Day 13: Trek to Chisapani. 2300m. 6 hours.

Day 14: Day 14: Trek back to Kathmandu. 5 hours.

Day 15: Day 15: Free and final departure.

Cost Include

- All Ground Transport
- English speaking guide and support porter.
- Hotel tourist standard in kathmandu with B/B plan.
- All necessary langtang trekking permit and full board meal during the trekking.
- Insurance and equipment for trekking guide and porter.

Cost Exclude

- Nepal visa and Exit flight form Kathmandu.
- Drinks and bar bills during langtang trek.
- Meal as per itinerary.
- Personal clothing and equipment for langtang trekking.
- Tips for guide and porter.
- Travel insurance extra expense.

Route Map

Joint Group Cost:

US\$1900