

Langtang – Gosaikunda - Helambu Tea-House Trek

The Sacred and Spectacular valley of Langtang, with the high mountain holy lakes at Gosainkund and the beautiful Helambu Valley, this is a superb introduction to trekking in Nepal among some of the most beautiful scenery in the country. We drive through farmlands and beautiful



landscapes to the starting point of trek at Sybru Besi, Thereafter, we pass each day just walking through forest, villages, and fields and amazing at the nature at its best.

We follow a rugged trail with dramatic views; to the west Himachuli (7893m) Manaslu (8156m) and Ganesh Himal (7406m). On a clear day even the Annapurna range can be seen rising up behind and to the north across the valley is Langtang Lirung. We pass a few huts in the high picture of Laurebina, cross a small ridge and have our first views of the holy lakes. There are about a dozen lakes in the Gosainkunda Basin, the main three being Saraswatikunda, Bhairabkunda, and Gosainkunda. According to legend, Gosainkunda was created by Shiva when he pierced a glacier with his trident to obtain water to quench his thirst after having swallowed a poison that threatened to destroy the world. We meet various ethnic groups residing along the trail; Tamang, Sherpa, Hyolmo many of them are Tibetan origin.

Spiritual highlights: *Gosaikunda* = Sacred Shiva site connected to Mt Kailash; *Melamchigyang* = We visit various power places such as Padmasambhava cave and his stone grinding mill, Tea Kettle, his head print inside the cave. Padmasambhava's stone meditation seat can also be seen by walking about 1hr. 10 minutes. Self-emanating signs of Chortens, lamps etc. can be observed in the rock. Yeshe Chhogyal cave can also be observed at the south end of the village; *Dupkhang* = Milarepa Cave.

The Langtang trek starts from Syabru Besi after a 9 hrs drive from Kathmandu. Following a trail upstream Bhoté Kosi river through ethnic Tamang villages, lush green forests and the wide spread Kyangin valley surrounded by snowy peaks from all four sides, takes you up to Kyangin at 3800 meter, where you get an opportunity to ascend Kyangjin Ri (4350m) & Tserko Ri (5000m), from where the 360 degree mountain views are truly panoramic. Leaving the Langtang valley the treks continue through the beautiful Tamang and Hyolmo Village Thulo Syabru and its ascend towards the Sing Gompa (3300m) then to a high plateau, where the sacred lake Gosainkund (4100m) is located. Crossing the Laurebena Pass (4610m), it continues east through the Thadepati (3800m) to Helambu, which is known as a highly sacred place of Tibetan Buddhist as a little Tibet. Finally the trek descends down the valley to Timbu Bazaar from where the bus can be caught to Kathmandu.



Group Size: Minimum 2, maximum 12 people.

Duration: 14 Days – can be extended according to your wish

Price overview:

Tea - House Trek cost: Euro 364.00 per person

Permits:

- Tims Card 20 US \$ per person
- National park fee Langtang 35\$

Total Permits 55 \$ per PAX (payable in Ktm in US\$)

Grand total €370 + US\$ 55 (private transport on day 1 & 14, additional 300€:2= 150€per PAX)

Included:

- Land transportation by Bus KTM – Syabrubesi and Timbu - KTM
- An English speaking Sherpa-Guide,
- Accommodation during the trek.
- Porter (one porter per two PAX with 13Kg limit per pax total max. 26kg).
- Staff equipment & Staff insurance

Excluded: Visa for Nepal; airport transfers and hotel / G.H in KTM, Food & drinks; personal expenses; All necessary equipment, insurances; tip & Gratitude's for staff.

Of course we cannot determine or foresee your spending behaviour, however with a moderate way of spending you will need about 1500 Nrs / day this will cover food and simple accommodation. If you like to drink beer then you have to add 300-400NRS per bottle of beer.



We will send you detail itinerary day by day via e-mail.

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May all beings be happy!

