

# Gosaikunda Helambu Trek

## Trip Overview

Gosaikunda Helambu trek is a way to get the blended flavor of mountainous views and a taste of the authentic culture of Nepal. Mostly inhabited by the Tamang community, the tradition and way of life are mostly influenced by Tibetan culture. Thus, the accommodation during the trek is in teahouses or lodges. The trek is simple, as hiking up and down involves the same routine as other trekking routes, but encountering the lively community brightens the feel of the trek. Together with that, the unique flora and fauna are another interesting part of this trek. The Tamang Heritage Trail Trek and the Langtang Valley Trek also lie in the Langtang and Helambu Regions.

Gosaikunda Lake itself is a beautiful place, flaunting its tranquility. Religiously, Gosaikunda Lake is very important for Hindus, as it is the place where the fight between God and Demon takes place to drink the holy water. The magnificent view of the snowcapped mountains, lakes, and clear, beautiful sky makes the trek worth every step you take to reach there. Besides that, get insights into the locals and their culture, tradition, and way of life. Also, they get lost in the dense rhododendron forest and the cascading waterfalls.

The trek officially commences after an eventful sightseeing tour of the UNESCO-listed cultural heritage sites of Kathmandu Valley. Join Highland Eco Trek in this awesome journey of exploring the beauty of Gosaikunda Helambu Trek.

## Trip Highlights

- World Heritage Sites Tour of Kathmandu Valley
- A picturesque view of the Himalayas
- Experience the hospitality of local tea houses
- Relish the beautiful Langtang National Park
- Visit the grand Kyanjin Gompa
- Visit the holy lake Gosaikund

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

**Day 2: After breakfast join heritage sightseeing and prepare for trekking**

**Day 3: Driving to Dhunche**

**Day 4: Trek to Shingumba or Chandan Bari**

**Day 5: Trek to Lauribina**

**Day 6: Trek to Gosaikund**

**Day 7: Trek to Phedi via Gosaikunda pass**

**Day 8: Trek to Thade Maginghoth**

**Day 9: Trek to Kutumsang**

**Day 10: Trek to Thankune**

**Day 11: Trek to Chisapani**

**Day 12: Trek to Sundarijal and drive to Kathmandu**

**Day 13: Fly to your destination**

## **Cost Includes**

- pickups and drops in a private vehicle at the Airport upon your arrival and departure
- All ground transportation on a comfortable private vehicle as per the itinerary
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish )
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek
- Domestic flights as per the itinerary
- Breakfast, lunch, and dinner during the trek
- Accommodation in guesthouses throughout the trek
- An experienced, English-speaking, and government-licensed trekking guide
- Porter service (2 trekkers: 1 porter)
- trekking crew, including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Highland Eco's duffel bag
- All necessary paperwork and trekking permits (Permit National park fee, TIMS)
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco-Trek
- Travel and rescue insurance
- Tips to the guide, porter, driver, or any other trekking staff