Langtang Helambu trek



Introduction

Langtang Helambu trek is a significant trekking route in the Langtang Valley. This trek connects the two mountain valleys, Langtang valley, and Helambu valley. Helambu is a great wilderness trekking in Nepal. trekkers can reach Gosainkunda lake, Helambu valleys, and close to the Tibetan border. Visit the oldest Buddhist Gompas, pass the holy Gosainkunda Lake of Hindu legend and meet Hindu pilgrims and holy man. Journey through bamboo, rhododendron forest, pretty terraced fields, and villages. Explore the stunning panoramas of the Himalayan surrounding, snow-capped peaks, and glaciers. Helambu is the home of hyolmo people. The word Helambu is derived from the hyolmo. The Helambu valley begins at the Lauribina La-pass and descends to the Melamchi Gaun. Helambu is famous for its sweet apples and artistic Buddhist monasteries and is also known as the Buddhist pilgrimage site. Pati Bhanjyn, Chiplang, Khutumsang, and Tharepati are amongst the first village to be passed, followed by Malemchigaon, and Tarke Gyang.

Trip Facts

Trip Duration	17 Days
Trip Grade:	Moderate
Best Season	Sep/Oct & Mar to May
Per Day Hiking:	6/8 hrs
Elevation	4600 meter
Accomodation	Tea house / Lodge

Transportation	Bus/ Jeep

Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program.
- Guided Kathmandu city sightseeing tour including entrance fees.
- Langtang National Park entrance and trekking permit & TIMS card.
- To and from transfer by bus. (Option with additional cost for private transport)
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek.
- Tea-house/ Lodge accommodation during the trek.
- An experienced guide including his salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food.
- A first Aid medical kit box.
- All government tax and local taxes.