Sherpa Nomad Trek
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Langtang Gosaikunda Helambu Trek - 17 Days

LANGTANG CIRCUIT TREK: 17 DAYS LANGTANG, GOSAIKUNDA & HELAMBU

The 17-day Langtang trek provides a comprehensive exploration of the entire Langtang region, integrating the Langtang Valley Trek, Gosaikunda Trek, and Helambu trek. This is an ideal package for travelers seeking to experience the complete Langtang region during a single journey. The trip begins with a visit to Langtang Valley, a narrow and picturesque valley that offers exceptional opportunities for natural and cultural discovery. The valley is inhabited by the Tamang people, an indigenous community that practices Tibetan Buddhism and is surrounded by stunning Himalayan ranges featuring diverse landscapes, terrain, and rich flora and fauna. This represents one of Nepal's finest short treks, bringing you to the foothills of the Langtang region while offering exhilarating hiking routes to Kyanjing Ri at 4,300 meters and Tserko Ri at 5,000 meters. The trek allows you to explore glaciers, monasteries, yak pastures, grasslands, and a yak cheese factory.

Upon completing the Langtang Valley trek, you have the opportunity to extend your journey by joining the Gosaikunda Trek from Thulo Syabru, which leads to Chandannari and Gosaikunda Lake—a sacred alpine lake nestled beneath Surya Park. This revered body of water holds significant spiritual importance, as it is believed to have been created by Lord Shiva during ancient times. Gosaikunda Lake stands as one of the finest alpine lakes in the region, offering exceptional panoramic views of the Himalayan landscape while providing authentic encounters with local culture and natural beauty. Following your exploration of Gosaikunda Lake, you can traverse the Laurebina La Pass (4,610 m) and descend into Helambu, an area celebrated for its rich cultural heritage and pristine natural environment, home to the Hyolmo, Tamang, Sherpa, and Chhetri communities. Finally, you can return to Kathmandu by vehicle from Melamchi village, bringing this comprehensive and scenic Langtang Trek experience to a memorable conclusion.

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The optimal periods for undertaking the Langtang Trek, also referred to as the Langtang Circuit Trek, are autumn and spring. The monsoon season and winter months are regarded as the off-season for trekking activities. If you seek a reputable local operator, Sherpa Nomad Trek Pvt. Ltd. offers exceptional service characterized by quality standards, operational flexibility, and comfort, complemented by rigorous safety protocols and outstanding hospitality. The company is managed by experienced local professionals and provides competitive pricing with authentic cultural experiences.

COST OF THE LANGTANG CIRCUIT TREK FOR 2026-2027

The Langtang Circuit Trek, also known as the Langtang, Gosaikunda, and Helambu Trek, is an excellent choice for solo travelers seeking to explore this remarkable destination. Pricing ranges from USD 900 to USD 1,400 per person, depending on several factors, including group size, season, duration, service level, and safety protocols offered by Sherpa Nomad Trek Pvt. Ltd. Our comprehensive service covers your entire journey from arrival to departure, featuring luxury hotel accommodation in Kathmandu, private transportation, mountain meals, professional guides, necessary permits, mountain lodging, experienced porters, and additional services as detailed in our inclusions and exclusions section. We serve as your trusted local partner, delivering quality service at reasonable prices with experienced guides and Sherpas, authentic experiences, flexible arrangements, and rigorous safety standards. Packages are customizable to suit your budget. While our standard offering is comprehensive, we also provide budget-friendly options and welcome tailored itineraries based on your preferences. Whether you prefer solo travel, small group expeditions, or larger group adventures, we accommodate all preferences. Cost varies according to group composition. Group travelers receive discounted rates as follows:

- Solo traveler: USD 1,400 per person
- Group of 2-6 persons: USD 1,200 per person
- Group of 7-10 persons: USD 1,000 per person

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- Large groups exceeding 10 persons: USD 900 per person

HIGHLIGHTS OF LANGTANG, GODAIKUNDA, AND HELAMBU TREK

- Delve into the magnificent Langtang, Gosaikunda, and Helambu Trek, where Himalayan adventure meets sacred alpine lakes and the rich culture of Nepalese mountain life.
- Immerse yourself in the stunning scenery of Langtang Valley, encircled by towering snow-capped peaks, dramatic terrains, and untouched Himalayan wilderness.
- Engage with the traditional Tamang culture and heritage by visiting ancient villages, experiencing Buddhist customs, and enjoying the warm hospitality of the mountain communities.
- Explore the picturesque Kyanjin Gompa (3,870m), a historic Buddhist settlement nestled among the awe-inspiring Himalayan mountains.
- Ascend to Kyanjin Ri (4,773m) for breathtaking panoramic vistas of Langtang Lirung, glaciers, and the surrounding Himalayan ranges.
- Push your limits with the challenging climb to Tserko Ri (4,984m), renowned for its stunning views of the Langtang mountain landscape.
- Stroll through the enchanting Langtang National Park, home to rhododendron forests, bamboo groves, alpine meadows, and a variety of Himalayan wildlife.
- Uncover the sacred allure of Gosaikunda Lake (4,380m), a striking turquoise alpine lake embraced by rugged Himalayan peaks.
- Appreciate the spiritual importance of Gosaikunda, a revered pilgrimage site linked to Lord Shiva, celebrated during the Janai Purnima festival.
- Traverse the breathtaking Lauribina La Pass (4,610m), taking in unforgettable high-altitude vistas and sweeping views of the Himalayas.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **Drive from Kathmandu to Syabrubesi (1500m): 6 hours**

Day 3: **Trek from Syabrubesi to Lama Hotel (2460m): 6 hours**

Day 4: **Trek from Lama Hotel to Langtang Valley (3430m): 6 hours**

Day 5: **Trek from Langtang to Kyanjing Gompa (3860m) and hike to Kyanjing Ri (4300m)**

Day 6: **Hike to Tserku Ri (5000m) and stay at Kynjing Gompa**

Day 7: **Trek from Kynajing Gompa to Lama Hotel (2460m): 6 hours**

Day 8: **Trek from Lama Hotel to Thulo Sybru (2170m): 6 hours**

Day 9: **Trek from Thulo Sybru to Sing Gompa (3,330m): 6 hours**

Day 10: **Trek from Sing Gompa to Gosaikunda Lake (4,380m): 5 hours**

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Day 11: **Free Day in Gosaikunda Lake**

Day 12: **Trek from Gosaikunda Lake (4,380m) to Ghopte (3,640m) : 6-7 hours**

Day 13: **Trek from Ghopte to Tharepati (3600m): 4 hours**

Day 14: **Trek from Tharepati to Tarkegyang Village (2600m): 6 hours**

Day 15: **Trek from Tarkegyang to Sermathang (2235m): 6 hours**

Day 16: **Trek from Sermathang to Melamchi and Drive to Kathmandu**

Day 17: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- 14 Nights' mountain accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and an energy bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities
- Kathmandu to Syabrubesi by comfortable private Jeep
- After the trip is complete, you will be back in Kathmandu by Private Jeep
- First Aid service and all the required equipment.
- Trekking gear such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, trekking gear, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, hot showers, battery charging in the Mountain

PRICE EXCLUDES

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- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Everest Flight Tour: 2-3 hours: 220$ per person
- Kathmandu sightseeing: 6-7 hours: USD 80 per person
- Tips for Guide, Porter, and Driver
- Personal expenses

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EQUIPMENT & GEAR

Backpack

- 30–40 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermoses
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

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- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes for hiking to Kyanjing Ri (4300m) and Tesko Ri (5000m)

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