Gosainkunda Helambu Trek

Description

The Gosainkunda Helambu trek is a well-known trek in the Langtang region, showcasing a variety of natural beauty, cultural encounters, and spiritual matters. The trek along the lap of the Langtang range with one of the major destination being Gosainkunda, a glacial lake worshiped by all Hindus. The Gosainkunda Helambu Trek takes you through Gosainkunda Lake, an important pilgrimage site for Hindus. According to Hindu mythology, Lord Shiva, one of the main deities in the Hindu religion, created Gosainkunda. It evolved from Samudra Manthana, which means "ocean churning."

The Gosainkunda Helambu trek starts after a drive to Syabrubesi (1,550m) from Kathmandu, a small village in the Langtang region. The Gosainkunda Helambu trek usually takes about 12 days to trek depending on the pace of the trekkers, and the trails taken. Trekkers must trek for an average of about 6 hours a day. The Gosainkunda Helambu trek difficulty can be categorized as moderate with some steep and strenuous sections, but the beautiful scenery and cultural experiences make it well worth the effort. The best season for the trek is from March to May and from September to November (Spring and Autumn). The highest altitude of the Langtang Valley trek is 5,145m above sea level at Suriya Peak.

The Gosaikunda Helambu trek route takes you through lush subtropical forests, the foothills of the Himalayas, and glaciers on the way to the 108 lakes that make up the Gosainkunda. The Himalayan Pheasant, the red panda, and many rarer and exotic animals are found in their natural habitat. The trek provides breathtaking views of snow-capped mountain ranges and peaks, including Langtang Lirung, Ganesh Himal, Jugal Himal, Annapurna Range, Manaslu Range, and others, as you hike along the trails and at viewpoints. You can see the majestic tranquility of the Himalayas. Tamang and Sherpa people are the residents in these areas. The people here have a unique culture that combines Tibetan and Nepalese traditions in a fascinating way.

Highlights

- Explore beautiful hills, high-altitude lakes, and beautiful snow-covered mountains
- Enjoy the panoramic views of Langtang Lirung, Ganesh Himal, Ganchenpo, Kyanjin Ri, Dorje Lakpa, Naya Khang and more
- Explore Gosainkunda, and a lake thought to have been created by a God
- Opportunity to observe the rugged lifestyle of Tamang and Sherpa ethnic groups and their unique cultural and religious beliefs
- Explore the meditation cave of Padmasambhava and stupas such as the Ama Angri Stupa

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Sightseeing in Kathmandu	1,380 meters	
03	Drive to Syabrubesi	1,500 meters	6-7 hours
04	Syabrubesi to Thulosyabru		
05	Trek to Sing Gumba	3,250 meters	6-7 hours
06	Trek to Cholangpati	3,500 meters	5-6 hours
07	Trek to Gosainkunda Lake	4,380 meters	5-6 hours
08	Trek to Suriya Peak and then back to Phedi	5,145 meters	9-10 hours
09	Trek to Melamchighyang	2,650 meters	7-8 hours
10	Trek to Tarkeghyang	2,590 meters	6-7 hours
11	Trek to Ama Angri back to Tarkeghyang	3,771 meters	8-9 hours
12	Trek to Ghangyul	2,569 meters	3-4 hours
13	Drive from Ghangyul to Kathmandu	1,380 meters	7-8 hours
14	Sightseeing Durbar Square and Swyambhunath Stupa	1,380 meters	7-8 hours
15	Final Departure	1,380 meters	

Detailed Itinerary

Day 1: Arrival Kathmandu

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 2: Sightseeing Kathamndu

Today we drive around Kathmandu for sightseeing. Boudhanath stupa, one of the UNESCO world heritage sites in Nepal holds a prominent place among Buddhist people. A stupa is a hemispherical shaped structure or mound which is prominent in Buddhism. The devotees revolve around the stupa in a clockwise direction. It is believed that circumambulating a stupa purifies negative karma and cultivates realizations of the path to enlightenment. Though the Boudhanath stupa is bustling with

day-to-day activities, the atmosphere around here is rather tranquil. For lunch, we have local delicious cuisine, a hallmark of Nepali traditional food. Overnight at Kathmandu.

Day 3: Drive to Syabrubesi

After breakfast, we begin our journey from Kathmandu to Syabrubesi by jeep. Before reaching Sybrubesi we have lunch at Trishuli. The view of the green valley, terrace, and countryside along with the turquoise shade of Trishuli's river water are magnificent. Mt. Manaslu, Langtang, Ganesh Himal, and some more can also be seen along the way. Finally we arrive at Syabrubesi for overnight stay

Day4: Sybrubesi to Singgumba (3330m),7-8 hours

On our today's journey, we trek to Sing Gumba, also known as Chandanbari. The name 'Sing Gumba' derived from the Tibetan language which means Wooden Monastery. It is a small village that is quite popular for cheese factory. We visit the nearby classical cheese factory and see how things are done here. The yak cheese produced here is delicious and rich in taste and texture. We visit the Local monastery, light some butter lamps and pray for a prosperous journey ahead. The local food accompanied by local cheese is something that you can really enjoy.

Day 5: Singh Gumba to Cholangpati 2-3 hours

Today we follow the trail for a short day trekking to Cholangpati. Today's hike is relatively shorter than other day's programs. After breakfast at Singh Gumba, we continue on our route to Cholangpati. you have time to enjoy the lovely surrounding of the mountain range. During the spring season the trail is full of blooming rhododendron flowers.Overnight at Cholangpati

Day 6: Gosaikunda Lake (4200m), 5-6 hours

Insightful day today, We start our journey to Gosaikunda Lake. During the month of October to June, the water in this lake is like crystal because of the persistent cold winter climate and high altitude. You also get a splendid opportunity to know about Milarepa, his teaching, and his practices. Milarepa was a Tibetan siddha, who before turning to Buddhism was an infamous murderer when he was a young man. He is renowned as one of Tibet's popular yogis and spiritual poets.

Gosaikunda is also regarded as one of the purest holy lakes and a renowned religious site by both Buddhists and Hindus. Hindu believers have its significance relating to Gosaikunda Lake. According to Hindu mythology, this lake was believed to have been created by Lord Shiva, the god of power and destruction when he wanted to extract the water to calm his poisoning throat. Overnight at Gosaikunda

Day 7: Trek to Surya peak(5145m) & back to Phedi(3730m) ,8-9hours

For the first time in this trek you observe the embracing views from the altitude of 5000m. From the Surya peak you get to relish the panoramic view of the pristine lakes. The unsullied and tranquil surrounding is sure to capture ones heart. After Surya Peak we cross Gosaikunda Pass (4600m), where prayer flags are hanged. If you wish you can also offer prayer flags in this pass. Finally we will arrive at Phedi. descending down to Phedi the trail is steep down. walking down the trail in the snowy season can be challenging and slippery, travelers are required to pay attention. Overnight at Phedi.

Day 8: Trek to Melamchighyang (2530m), 7-8 hours

On our 8th day we walk to Melamchighyang after breakfast. On the trail we come across Thadepati pass from where magnificent views are observed. Melamchighyang, centre of Beyul Yalmo .According to ancient Buddhist texts, Beyul are known as hidden valleys predicted by Guru Padmasambhava. Melamchighyang is a small village with many Buddhist pilgrimage sites. We will visit a cave where the mark of sun and moon is observe on a stone. If you wish you can do a short meditation over here. overnight at Melanchighyang.

Day 9: Trek to Tarkeghyang (2600m) 6-7 hours

Today we begin our journey from Melamchighyang to Tharkeghyang. Crossing several small settlements along the way, local tea shops that serves heartwarming tea to the hikers. You get a close encounter with the ethnic community of Hyolmu. Fine carvings on windows and doors of houses, which is called 'Mircha Kumba' design in the Helmo language can be seen in the residential houses. Last but not the least we visit the Geke ghompa, an old Buddhist monastery accompanied with charming view of snowcapped peaks and mountains. overnight at Tarkeghyang.

Day10:Day Hike to AmaAngri 8-9 hours

For out 10th day plans we begin hike Tarkeghyang to AmaAngri for a day hike, explore the peaceful AmaYangri stupa. Gorgeous view of Jugal himal and many more which are truly worth seeing from top of Ama Yangri. The word 'ama' means 'mother' in Nepali thus portraying the peak as nurturer and protector. Amaangri peak is recognized as a holy peak by the local residents and protector of the entire region. After enjoying the view from the top we return back following the same path.

Day 11: Trek to Ghangyul(2590 m) and Drive to Kathmandu, 9-10 hours

On our 11th day we begin our ultimate trek in this whole trip. Starting our journey from Tharkeghyang we hike till we reach Ghangyul. Ghangyul is a small Sherpa settlement surrounded by pleasing view of the pine and rhododendron forest. If you are lucky you might get glimpse of some wildlife prominent in the region. From Ghangyul we drive back to Kathmandu by jeep.

Day12:Sightseeing Durbar Square and Swayambhu

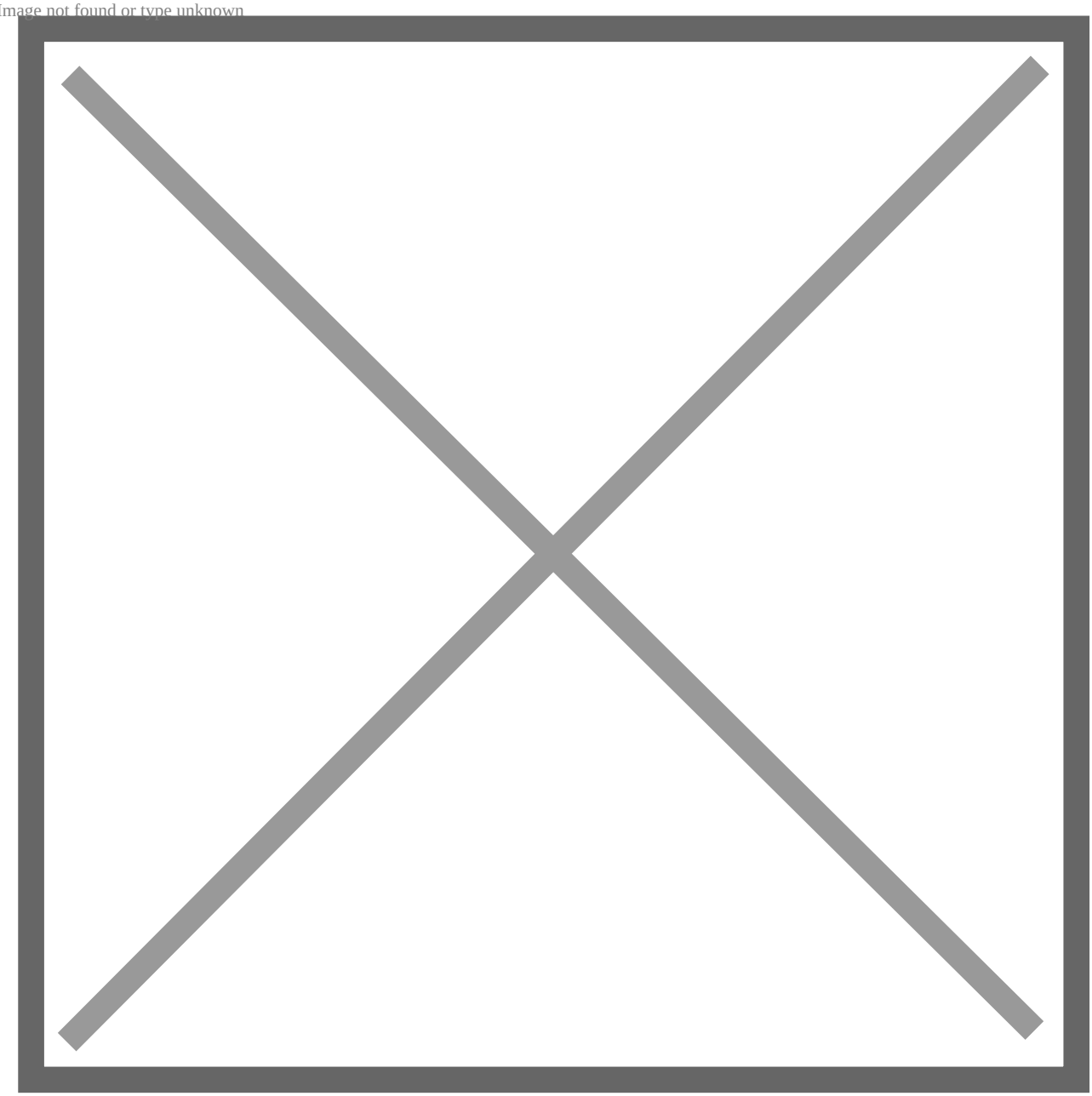
Today we explore the capital city of Nepal in depth. We visit Durbar square and Swyambhunath and enjoy the cultural heritage of Nepal. First we visit the Durbar square where we witness living goddess, 'kumari'. The Kumaris are young girls who receive the power of Goddess Kali and Taleju. It is believed that Kumari Goddess is the living incarnation of Goddess Taleju. Later we visit the local market likewise variety of shrines, temples, monastery, museum, library and stupas are worth exploring, some of them having major historical significance. In the end we visit the famous swayambunath stupa where form the top of swayambhunath hill we enjoy the majestic view of captivating sunset and the Kathmandu valley.

Day 13: Final Departure

Today marks the last day of your stay here. For the last days program we take a final trip to a Thanka painting school this is the main highlight of the day. Thanka is an intricate and very detailed painting depicting different gods and deities in Buddhist religion. Thankas are usually painted on cotton or silk fabric. In the evening we host a small farewell celebratory dinner. We hope that you will look forward to visit our country again.

Map

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Practical Information

Q. Food and Accommodation
A. The teahouses along Gosainkunda Helambu Trek offer a variety of fresh and healthy meals. Western dishes such as pizza, spaghetti, and pasta, and traditional Nepalese dishes such as dal, bhat, and Tarkari are available. Dal, bhat, and Tarkari mean rice, lentils, vegetables, meats, and salads and are a high-energy diet. Hot drinks such as tea and coffee are also available. Teahouses and lodges with separate rooms and shared or connected bathrooms are incredibly clean. The space is comfortable and well maintained. Toilet paper may not be available due to the squat toilet on this trail. Therefore, if necessary, bring a toilet paper roll for this walk.

Q. Best Season for the trek
A. The spring (March to May) and autumn (September to November) are the best times to do this trek. Winters are cold due to snowfall, and the weather seems unfavorable for hiking, but monsoons are bad because rains can make the trail slippery. The nicest mountain vistas are also available in spring and fall, and the weather is almost pleasant. Dashain and Tihar festivals bring a new start to

the country in the autumn. However, there is a unique festival in Gosainkunda Lake during Janai Purnima, which falls in August, with many Hindu pilgrims making the journey.

Q. Trip Category
A. This trek is classified as a moderate-grade trek. You are about to ascend to an altitude above 5,000 m, so it still demands commitment. Maximizing acclimation time is essential, and getting in shape through proper physical activities is also important. The ascent is constant, but there are no particularly steep ascents. In several places, the trail is constrained. You may come across a yak or donkey caravan. Always stay uphill on the road.

Q. Health and Safety along the trail
A. The trekking pass has a health post with only basic facilities. The Rasuwa District Hospital in Dhunche is another option. It is a public hospital operated by the government of Nepal. Rescue operations can be carried out in a medical emergency, and your travel insurance will pay for them. Both Kyanjin Gompa and Gosainkunda have helipads for quick evacuation. You can also seek assistance from the locals because of the neighborhood's extensive network of tea houses. Plenty of water is available throughout the trek, which enables easy accessibility of water for personal hygiene. Squat type of toilets available during hikesrequire manual flushing.

Frequently Asked Questions

Q. How many days does the Gosainkunda Helambu Trek take?
A.

The Gosainkunda Helambu trek usually takes about 12 days to trek depending on the pace of the trekkers, and the trails taken. Trekkers must trek for an average of about 6 hours a day.

Q. What is the highest point on the Gosainkunda Helambu Trek?
A.

The highest point on the Gosainkunda Helambu Trek is Suriya Peak, which is located at an altitude of about 5,145 meters (16,880 feet). This point is reached on the seventh day of the trek, and from here you'll have beautiful panoramic views of the surrounding mountains.

Q. What should I pack for the Gosaikunda Helambu Trek?
A. It is important to pack appropriately for the Gosaikunda Helambu Trek. Some essential items to bring include: sturdy and comfortable walking shoes, warm and waterproof clothing, a hat and sunglasses, sunscreen, a first-aid kit, and snacks and water for the trek. It is also a good idea to bring a camera to capture the stunning views along the way.

Q. Can I hire a guide and porter for the Gosaikunda Helambu Trek?
A.

Yes, it is possible to hire a guide and porter for the Gosaikunda Helambu Trek. A guide can help you navigate the route, provide information about the local culture and history, and assist you in case of an emergency. A porter can help carry your gear, freeing you up to focus on enjoying the trek. It is important to choose a reputable agency and to negotiate a fair price for their services.

Q. What is the accommodation like on the Gosaikunda Helambu Trek?
A. During the Gosaikunda Helambu Trek, you will stay in teahouses or lodges. These are basic accommodations that typically offer a shared room with twin beds, a pillow and a blanket. Most teahouses and lodges also have shared bathrooms with hot showers (for an extra fee). It is important to note that the facilities in these accommodations may be basic and may not be as comfortable as what you are used to at home. It is also possible to camp during the trek, although this option is less common. If you do choose to camp, you will need to bring your own camping gear and hire a guide and a porter to carry your gear.

Q. Can I take a shower during the Gosaikunda Helambu Trek?
A. Showers are available at some of the teahouses and lodges along the Gosaikunda Helambu Trek, but they may not be available at all locations. The showers may be basic and may require you to pay an additional fee. It is a good idea to bring wet wipes or a small towel to refresh yourself during the trek if showers are not available.

Q. Is it possible to get vegetarian food on the Gosaikunda Helambu Trek?
A. Yes, it is possible to get vegetarian food on the Gosaikunda Helambu Trek. Many of the teahouses and lodges along the route offer vegetarian options, such as dal bhat (a traditional Nepali dish of rice, lentils, and vegetables) and vegetable noodles. It is always a good idea to let your guide or the staff at the teahouses know if you have any dietary restrictions or preferences.

Q. Is it possible to charge my electronic devices on the Gosaikunda Helambu Trek?
A. It is possible to charge your electronic devices at some of the teahouses and lodges along the Gosaikunda Helambu Trek, but it is not always possible at all locations. It is a good idea to bring a portable charger or a power bank to ensure that you have enough battery life for your devices during the trek. It is also a good idea to bring a backup power source, such as extra batteries