



TREKKING ITINERARY

Langtang - Gosaikunda - Helambhu

DAY 1. Drive from Kathmandu to Dhunche (1.950m) - about 8 hours drive 4 wheels bus / jeep

DAY 2. Trek to Thulo Syabru (2.200m) - about 5 to 6 hours walk

DAY 3. Trek to Lama Hotel (2.480m) - about 6 hours walk

DAY 4. Trek to Langtang Valley (3.500m) - about 6 hours walk

DAY 5. Trek to Kyanjing Gompa (3.900m) - about 4 hours walk

DAY 6. Free at Kyanjing Gompa for exploration of the Vantage Points: either towards Kyanjiri (4.773m) - about 4 hours walk, or Tesrko-Ri (4.984m) - about 6 hours walk

DAY 7. Trek back to Lama Hotel - about 6 hours walk

DAY 8. Trek back to Thulo Syabru - about 6 hours walk

DAY 9. Trek uphill to Shin Gompa (3.584m) - about 5 to 6 hours walk

DAY 10 Trek to Gosaikunda (4.381m) - about 7 hours walk

DAY 11 Trek to Ghoptecave (3.450m) via Laurebina Pass (4.600m) - about 5 hours walk

DAY 12 Trek to Kutum Sang (2.471m) - about 6 to 7 hours walk

DAY 13 Trek to Pati Bhanjyang (1.768m) - about 6 hours walk

DAY 14 Trek to Chisopani (2.194m) - about 3 hours walk

DAY 15 Trek to Sundari Jal (1.463m) - about 4 hours walk. Drive back to Kathmandu and transfer to hotel

TREKKING TIPS

TREKKING TIME 14 days

DIFFICULTY Moderate to Hard

BEST SEASONS Spring & Autumn

HIGHEST POINT 4.600m, Laurebina Pass

ACCOMMODATION Mountain Lodges / Camping

CONTACT

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