



## Goshainkunda - Helambu

**Dhunche - Gyaldum**  
**9 Nights/10 Days**

**Best season for trekking:** September to November and March to April

### Goshainkunda - Helambu Trek:

Starting from **Dhunche** this trek will provide a unique possibility to see the Nepalese Himalayas from west to east. During spring season (April to May) you can enjoy the forests with **rhododendrons (national flower of Nepal)** along the trail to **Sing Gompa or Syabru Village**. This gives you the chance to learn more about the different colours of rhododendrons in this area. In the **Langtang National Park** you can find four different colours of rhododendron flowers.

On the second day and third day we walk via **Laurebinayak** to the lakes. On clear days there are magnificent views of the Himalayan Range from **Manaslu to Ganesh Himal** to the west, and **Langtang Lirung and the Tibetan Himalaya** to the north.

The trail continues upwards to the Laurebina Pass (4,610m). The first lake on your right side is the small Saraswatikunda (4,100m). The holy lake, Goshainkunda, is at 4,380m. According to a legend, Lord Shiva has created three springs at this place. The water from these springs created the lakes in this region. A lot of pilgrims come from far to worship here. The pilgrimage peak season is during the the August full moon festival. There are not only Goshainkunda and **Saraswatikunda**, but also **Bairavkunda, Suyakunda, Nhagkunda** and more lakes around the Goshainkunda area.

From Laurebina Pass (there are also good views from here) you descend towards the valley, before you have to climb to the Tharepati Pass (3,597m). To reach Melamchi Gaon (2,560m) you walk downwards, crossing the Melamchi River. South of Tarke Ghayang the area becomes more populated.

*Alternative route:* **Therapati Pass - Sundarijal ridge trail** via Chisapani ( a lot of up and downs)

### ITINERARY:

<b>Day 1</b>	Kathmandu	to Dhunche by bus
<b>Day 2</b>	Dhunche	to Syabru Village
<b>Day 3</b>	Syabru Village	to Sing Gompa
<b>Day 4</b>	Sing Gompa	to Gosainkunda
<b>Day 5</b>	Gosainkunda	to Gopte
<b>Day 6</b>	Gopte	to Melamchi Gaon
<b>Day 7</b>	Melamchi Gaon	to Tarke Ghayang
<b>Day 8</b>	Tarke Ghayang	to Shermathang
<b>Day 9</b>	Shermathang	to Gyaldum Two River Lodge
<b>Day 10</b>	Gyaldum	to Kathmandu by bus

### In Brief:

- Duration of the trek: 10 days
- Starting from: Kathmandu-Dhunche
- Ending at: Gyaldum
- Mode of trek: Teahouse/Camping
- Grade of the trek: Moderate/Strenuous
- Maximum elevation: 4,610m at Laurebina Pass or Ama Angri Danda 3,750m
- Destination: Takreghang/Shermathang
- Itinerary Type: fixed/customized
- Attractions of the trek: Langtang, Goshainkunda, Gauri Shankar, glaciers, culture, countryside, Tamang and Sherpa villages



---

**Services will be as given in below:**

---

- Experienced guide (I)
- Porters as required
- All needed camping equipments
- Trekking permit
- Food (Breakfast, launch,dinner)
  - Boiled water every morning for shower.
- Hot drinks as coffee, tea,and so on
- Kitchen staff along with experienced cook.
- Transportation to and from starting and ending point of trek.

---

**Price will not include:**

---

- Personal Expenses
- Hard drinks as whisky rum and so on.
- Rescue charges
- Domestic flights
- Emergency expenses (if needed)



**Service is provided by**

**KARAO Trek**

**RAOnline Nepal**

**Please visit our website: <http://www.raonline.ch>**