Helmbu Lantang Gosainkunda and Ruby Valley Trek

Duration: 19 Days | Location: Langtang Region, Nepal



Trip at a glance

Category: Langtang Region

Location: Langtang Region, Nepal

Duration: 19 Days

Difficulty: 4/10

Trip Style: Helmbu Lantang Gosainkunda and Ruby Valley Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 4609 m

Group: Min-1, Max 20

Summary

Helambu is popular among the trekkers for its scenic,located about 72 kilometers northeast of Kathmandu, helmbu-lantang-gosaikunda-and-ruby-valley-trek

Overview

Trip Introduction

Helambu Langtang Gosainkunda and Ruby Valley trek are the three different trekking routes but we have combine 3 into one. This trekking starts from famous Helambu villages with the big settlement of Sherpa ethnic. This village is 72km far from kathmandu. From this village you will see some snow capped mountains. You will start hiking from Sundarijal National Park. The trail is uphill through the jungle and after chesapani you will pass through different villages. This is the longest trekking route. Gosainkunda is another famous trekking destination on langtang region. This lake is situated at 4380 m. It is a secret lake and famous for the Hindu and Buddhist religion. Langtang region is another famous trekking destination in Nepal . Gosainkunda lake trek, Langtang valley trek, Tamang heritage Trek are other trekking destination in Langtang region. helmbu-lantang-gosaikunda-and-ruby-valley-trek

Ruby Valley trekking is another trekking route which is not much explore in the tourist sector. Ruby valley trek lies on the lap of Mt. Ganesh Himal. This is a villages with the settlement of Ghale and Tamang ethnic group. The culture of this people are similar with the Tibetan. This used to be the road way in the ancient period to carry the salt to the Tibet. There is a pass called Pangsang Pass with the elevation of 3850m. The view from Pangsang Pass is superb and the awesome. You will be able to see the panoramic views of Mt. Ganesh himal I-V, Manaslu, Mt. Langtang himal range and the beautiful village at your footstep. The rhododendron flower will make your trek more interesting. Hot spring is also there in this trekking route where you can take a bath and feel the different.

When you reach to Chalise village you will find the settlement of another Gurung ethenic group.

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu (1295m.) Arrival in Tribhuwan International Airport to Hotel.

Day 2: Kathmandu – Sundarijal -Chisopani (2300m.) 4 hrs We drive an hour (15 km.) from Kathmandu by private vehicle.

Day 3: Chisopani- Paty Bhanjyang-Gul Bhanjyan-Kutumsang (2470m.) 6 hrs The trail leads down to Pati Bhanjyang, a small fine village.

Day 4: Kutumsang-Magen goth-Tharepati (3490m.) 6 hrs Following a ridge line the trails continues via lightly populated forest.

Day 5: Tharepati-Ghopte-Phedi (3650m.) 3-4 hrs We head zig-zag and tricky trail to Ghopte and continues to Phedi (3650m.12045ft.). It takes about 3-4 hours of walking.

Day 6: Phedi-Lauribinayak Pass-Gosainkunda (4460m.) 4-5 hrs Early morning, we start to climb up to Laurinbina la pass (4609 m.) and heading down to Gosainkunda Lake.

Day 7: Gosainkunda-Thulo Sabru (2581m.) 6 hrs After breakfast, the trail will descend to Thulo Sabru village. It is a typical Sherpa village.

Day 8: Syabru Gaun – Lama Hotel (2470 m.) 5 hrs The trail ascends to Lama Hotel.

Day 9: Lama Hotel -Langtang Village (3430m.) 6 hrs The trek continue to ascend gradually to Langtang village.

Day 10 : Langtang Village -Kyanjing (3980m.) 3 hrs. Trek from Langtang Village to Kyangjin Gompa.

Day 11: Explore We explore the side hikes today. You will have four major different choices to visit.

Day 12: Kyanjing Gompa – Lama Hotel (2470m.) 6 hrs. We walk down to Lama Hotel. From Kyangjin you retrace your route, following the Langtang Khola to Langtang village.

Day 13: Lama Hotel -syafru Besi (1600m.) 5 hrs. Trek down to Syabru Besi via Sherpa Gaon. The upper part of the trail is more beautiful.

Day 14: Syafru Besi to Gatlang 2337m. 6 hrs

Day 15: Gatlang to Somdang 3271 m. 6 hrs The trail ascends through pine and rhododendron forest.

Day 16: Somdang – Pangsang Pass (3842 m) – Tipling (2078m.) 8 hrs Pangsang Kharka is a viewpoint southwest of Somdang village.

Day 17: Chalish- Borang – Darkha Gaun (850m) 6 hrs After breakfast trek all the way to Borand and down to Listen Khola.

Day 18: Darkha Gaun – Darkha Phedi – Dhading Besi – Kathmandu After breakfast trek all the way down to Darkha Phedi taking 45 minutes downhill walk and then take sharing local Jeep.

Day 19: Final departure Transportation to the International airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Pick up and drop by private vehicle from/to international airport.
- Two nights hotel (Hotel Utse or similar category) on B/B basis in Kathmandu.
- All meals during the trekking (Breakfast, Lunch, Dinner with tea/coffee three times a day in a cup).
- Lodge (Twin share basis private room) accommodation during the trekking. One experienced, educated, well trained, fluent English speaking, friendly, and government authorized local trekking guide including required porters (one porter for two clients).
- Guide and porter's food, accommodation, salary, insurance, transportation, and pieces of equipment.
- Kathmandu-Sundarijal and Darkha Fedi-Kathmandu overland.
- Langtang national park fee and TIMS (Trekker's information management system) card.

- Trekking equipment as a sleeping bag, duffle bag, and down jacket etc.
- Water purification iodine drops/pills. Government tax and service charge.

Exclusions

- Hard and soft table drinks such as coke, Fanta, mineral water, beer, hot shower, battery charge, laundry.
- Personal Travel insurance. Rescue operation.
- International airfare. Nepal tourist visa fee ($ 25 for 15 days and $ 40 for 30 days multiple entry visa).
- Tips for guide and porter. (Highly suggested).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.

- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device

- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 19 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Helmbu Lantang Gosainkunda and Ruby Valley Trek.

Highest Altitude of the trek: 4609 m.

Highest Point: Helmbu Lantang Gosainkunda and Ruby Valley Trek (4609 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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