

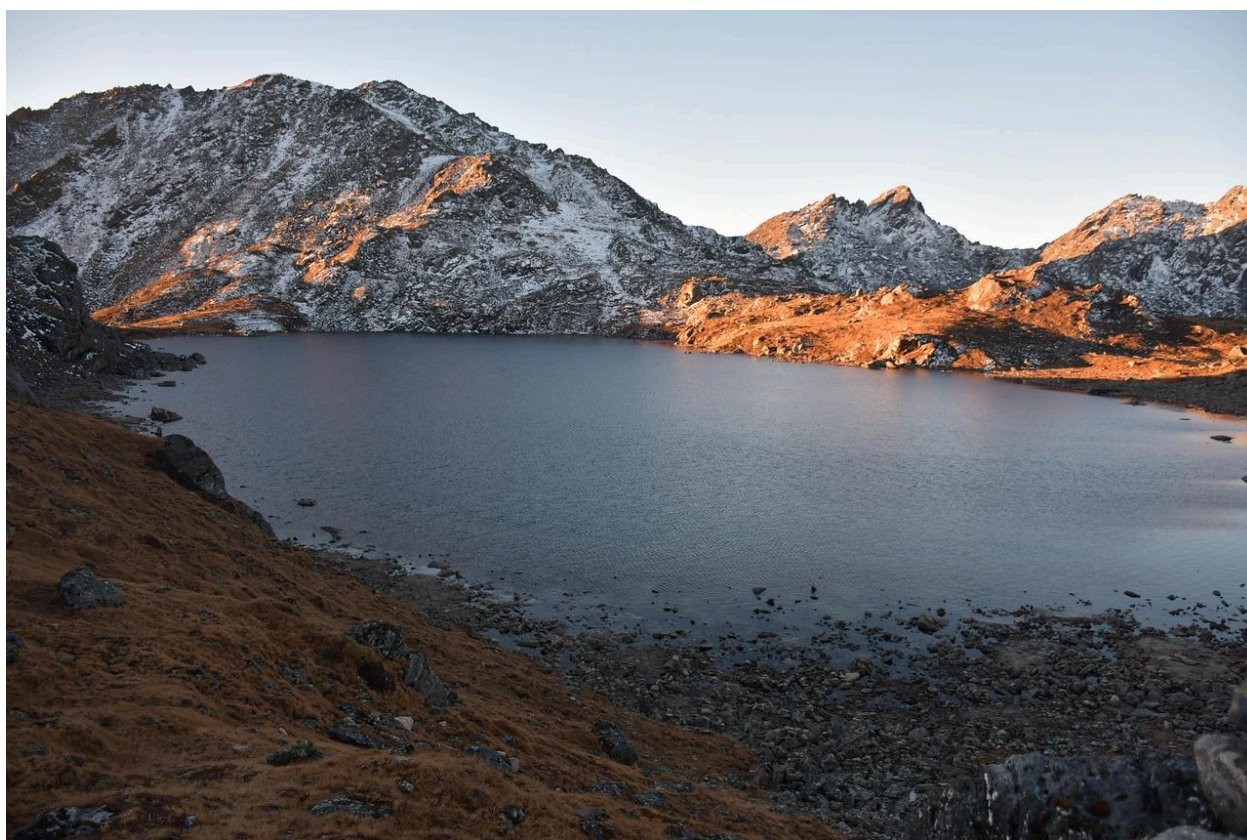
NEPAL

Langtang, Gosaikunda, Helambu Trek- 16 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



This 17-day journey explores three beautiful regions north of Kathmandu, near the Tibetan border Langtang, Gosaikunda, and Helambu. The trek offers a blend of mountain scenery, sacred lakes, and cultural encounters with local communities

Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

The 17-day Langtang Gosainkunda Trek is more than just a Himalayan adventure-it's a path of reflection, connection, and discovery.

This route takes you through peaceful villages, sacred lakes, and rhododendron forests with views of snowcapped peaks including Langtang Lirung, Dorje Lakpa, and Ganesh Himal. Combining natural beauty with moments of mindfulness and cultural interaction, this trek is ideal for those seeking depth, renewal, and a stronger bond with the mountains and themselves.

Guided by our experienced and caring Nepali team-featuring strong female leaders from mountain communities-you'll be walking in good company. Whether you seek quiet strength, cultural meaning, or the healing rhythm of nature, this journey offers a place to find it.



Trip Overview

Country - Nepal

Duration - 16 Days

Difficulty - Strenuous

Activity - Trekking/Hiking

Max. altitude - 4,610 m/ 15,120 ft

Best season - Feb-Jun, Sep-Dec

Accommodation - Tea House & Hotel

Meals: All meals included during the trek

Trip Highlights

- Explore biodiversity and cultural diversity of Nepal
- Visit high altitude Mountain village
- Explore most popular pilgrimages sites for both Hindu and Buddhist
- Splendid view of panoramic Himalayan range

Outline Itinerary

Itinerary	Maximum Altitude	Walking/ Hiking
Day 1	Arrival in Kathmandu (1300 m/4264 ft)	
Day 2	Kathmandu Valley Sight Seeing	
Day 3	Kathmandu To Syabrubesi (1550 m/5,100 ft)	7-8 hrs
Day 4	Syabrubesi to Rimche (2,560 m/8, 399 ft)	6-7 hrs
Day 5	Rimche to Langtang Village (3455 m/11,335 ft)	5-6 hrs
Day 6	Langtang Village to Kyanjin Gomba (3870 m/12,697 ft)	3-4 hrs
Day 7	Kyanjin Gomba (3870 m/12,697 ft) and Hike to Kyanjin Ri (15,655 ft)	3-4 hrs
Day 8	Kyanjin Gomba To Rimche (3870 m to 2560 m)	7-8 hrs
Day 9	Rimche to Thulo Syabru (2, 230 m/7,316 ft)	5-6 hrs
Day 10	Thulo Syabru to Shin Gomba (3250 m/10,662 ft)	4-5 hrs
Day 11	Shin Gomba to Gosaikunda (4,40 m/14,632 ft)	5-6 hrs
Day 12	Gosaikunda to Ghopte (3, 440 m/11,286 ft)	6-8 hrs
Day 13	Ghopte to Kutumsang (2,440 m/8,005 ft)	5-6 hrs
Day 14	Kutumsang to Chisopani (2,190 m/7,185 ft)	7-8 hrs
Day 15	Chisopani to Sudarimal travel to Kathmandu (1300 m/4265 ft)	3 hrs
Day 16	Departure	

Meals

During the trek, we'll enjoy a mix of local Nepali food and popular international dishes such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner are served at the teahouse or lodge where we stay overnight, while lunch is taken along the trail at a suitable stop. All meals are included during the trekking days. In Kathmandu and Pokhara, only breakfast is provided. A welcome and a farewell dinner are also

part of the trip.

Accommodation

In Kathmandu, we will stay at Hotel Manaslu, and in Pokhara, our accommodation will be at Bodhi Suites-both comfortable 4-star hotels. During the trek, we'll stay in local teahouses. All accommodations are on a twin-sharing basis. A single room can be arranged on request for an extra cost of USD 290. While we'll book the best available tea houses along the Mardi Himal trail, please note that the facilities may be quite basic compared to the more developed routes like Annapurna or Everest. Single rooms are generally available in Kathmandu and Pokhara, but they might not be possible to find during the trek.

Dates & Prices

All listed departures are guaranteed. If these dates don't work for you, we can arrange a trip that fits your schedule. Just let us know your preferred timing and the kind of journey you're looking for, and we'll help you plan a custom trip to your chosen destination.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

The day temperatures will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.

Physical Conditioning and Safety Tips

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of

average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.

Important Notes

Your safety is always our first priority while traveling with Ama Adventure, Stay flexible if needed;

Your trip leader has the authority to change all itineraries based on local conditions and judgments of your leaders.

We also have the right to modify the itinerary due to medical considerations, unexpected weather conditions, natural disasters etc.

Your leader and crew always tries to make your trip comfortable to ensure that the trip runs according to plan. but we heartily request to be prepared to be flexible if needed.



ADVENTURE



Price Includes

Accommodation

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 5 nights in guesthouses during the trek (twin-sharing), with attached bathrooms in Lukla, Phakding & Namche

Meals & Drinking Water

- All standard meals during the trek (breakfast, lunch, and dinner)
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All airport transfers (international & domestic) by tourist vehicle
- Kathmandu to Manthali by shared tourist vehicle
- Shared helicopter flight over the Khumbu region with return drop to Lukla
- Round-trip flight between Kathmandu/Manthali and Lukla

Guide & Support Staff

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)
- Additional assistant guide for groups larger than 7
- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Sagarmatha (Everest) National Park entry permit
- Pasang Lhamu Rural Municipality entrance fee
- TIMS (Trekbers' Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement - Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Trip Departure

We keep our group sizes small, maximum 14 people, to create a more personal and meaningful travel experience. Whether you're an independent traveler, coming with friends, or joining as a family, these small groups allow for stronger connections and deeper engagement throughout the journey. You can select your preferred departure date from the calendar and reserve your spot with ease.

Private Trips

If you prefer a more tailored experience, private trips can be arranged to suit your specific needs and schedule.

Difficulty Level

This trek is suitable for individuals with above-average physical fitness. There is no need for special technical skills, making it accessible to beginners and hikers. However, the trek does reach high altitudes and requires a significant level of physical exertion. Despite hiking for 5 to 10 hours a day, you will gain substantial elevation.



Packing List

Here is a suggested packing list to help you prepare for the trek. You'll need warmer layers during colder months. Ama Adventure provides a 75-liter duffel bag at the pre-trip meeting in Kathmandu-yours to keep. Sleeping bags and down jackets are available to rent in Kathmandu for USD 35 each.

General

- ✓ Four-season sleeping bag (Rental available for USD 35)
- ✓ Sleeping bag liner
- ✓ Puffy down jacket (Rental available for USD 35)
- ✓ Daypack (35-45 liters recommended) with rain cover

Upper Body Essentials

- ✓ Sun hat or cap (Ama Adventure will provide a free baseball cap)

- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses

Torso Clothing Essentials

- ✓ Technical fabric base layer (light for warmer months, heavy for colder months)
- ✓ Technical fabric short (2)- breathable, moisture-wicking
- ✓ Long sleeve (2) shirts
- ✓ Waterproof, windproof shell
- ✓ Fleece jacket or pullover

Lower Body Essentials

- ✓ Thermal base layers - lightweight for warm months, heavier for cold conditions
- ✓ Hiking pants (2)
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell
- ✓ Hiking shorts

Handwear Essentials

- ✓ Wool or technical fabric liner gloves
- ✓ Hard-shell outer gloves (insulated for colder months)

Footwear Essentials

- ✓ Wool or technical fabric warm socks

- ✓ Hiking socks
- ✓ Liner socks (options such as silk)
- ✓ Trekking/hiking boots (waterproof recommended)
- ✓ Ice Cleats or Micro Spikes
- ✓ Casual shoes
- ✓ Gaiters (lightweight for dust or heavier ones for snow)

Undergarments & Sleepwear

- ✓ Technical fabric/quick drying is best for underwear (opportunities to launder during the trip)
- ✓ Sports bras (for women)
- ✓ Pajamas or sleeping clothes

Note: Laundry opportunities are limited, so pack accordingly.

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

Other Essentials

These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Valid passport
- ✓ 2–3 passport-sized photos
- ✓ Reusable water bottles
- ✓ Hydration bladder (optional)

- ✓ Water purification tablets or UV purifier
- ✓ Toiletries kit
- ✓ Quick-dry towel
- ✓ Pillowcase
- ✓ Toilet paper (2 rolls)
- ✓ Waterproof/dry bags for valuables
- ✓ High-protein snacks (e.g., protein bars, trail mix)
- ✓ Airline ticket copy (leave one with Ama Adventure) Guide Book

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Optional Items

- ✓ Power bank or spare batteries
- ✓ Mobile phone and/or camera
- ✓ Cards, books, or travel journal
- ✓ Binoculars
- ✓ Trekking poles
- ✓ Whistle
- ✓ Thermos (for hot drinks)
- ✓ Yaktrax especially for fall and early spring season
- ✓ Outlet Adopter

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport

- Cash for souvenirs, Incidental costs, and tips for staff

Important Information

At Ama Adventure, we provide a free duffel bag and baseball cap during your pre-trip briefing in Kathmandu. The duffel bag will be used to pack your trekking gear and will be carried by your trainee guide during the trek.

Trainee Guide Support: One trainee guide is assigned for every two trekkers. Your duffel bag should weigh around 10 kg (22 lbs) to ensure it's manageable.

Daypack: You'll need your own daypack (with a waterproof cover) to carry your daily essentials like water, cash, documents, sunscreen, a camera, toiletries, snacks, a notebook, and an extra layer.

Luggage Storage: You can leave your non-trekking luggage at your hotel in Kathmandu while you're on the trek.

Rental Options: If you don't have all your trekking gear, don't worry-you can easily rent or purchase items in Thamel, Kathmandu's popular trekking gear hub. We're happy to help you arrange whatever you need.

Down Jacket: A down jacket with a hood is essential for altitudes above 4,000 meters. You can rent one through us for USD 35. Please note, if lost or damaged, the replacement cost is USD 200.

Sleeping Bag: A four-season sleeping bag is also available for rental at USD 35. As with the jacket, any loss or damage will require reimbursement of USD 200.

Respectful Clothing: While trekking in local villages, we encourage modest clothing. Some tight-fitting outfits (like yoga pants or leggings) may be uncomfortable for local communities. If wearing them for comfort, please pair them with a longer top or light covering.

Weather Information

The best time to trek Langtang Gosaikunda is from September to November and February to April, when the weather is clear and views are stunning.

Lower areas are mild (15–20°C), but temperatures drop near Gosaikunda, especially at night, reaching as low as -6°C. Snow is possible in November and early February, while spring (March–May) offers colorful rhododendron blooms along the trail.

**Regards,
Goma Thapa**

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