DESTINATION: HELAMBU TREK

Gosaikunda and Helambu *Trek*

9 Days

Starts at	Ends at	Season
–	–	–

OVERVIEW

The trip

The Gosaikunda Helambu trek is a nine-day teahouse trek from Kathmandu that links the sacred alpine lakes of Gosaikunda with the Hyolmo Sherpa villages of Helambu over the Laurebina La pass at 4,610 metres. After the drive to Dhunche you climb through fir and rhododendron forest to Sing Gompa and up to the Gosaikunda lakes at 4,380 metres, a Hindu and Buddhist pilgrimage site ringed by the Langtang and Ganesh Himal peaks. Crossing the Laurebina La you drop off the high country into the villages of Melamchigaon, Tarkeghyang and Sermathang, where monasteries, mani walls and apple orchards mark the Hyolmo homeland, before descending to Melamchi and driving back to the capital. It combines a genuine high pass with rich middle-hill culture, all without a domestic flight.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 4,610 m at Laurebina La
- Difficulty: Moderate to challenging
- Best season: September to May
- Walking: about 5 to 7 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive to Dhunche and First Walk

- Scenic drive from Kathmandu up to Dhunche (2,030 m) on the Langtang road
- River valleys, terraced hills and the first glimpses of the range
- Short acclimatisation walk on the hillside above town after you arrive

2 Trek to Sing Gompa

- Climb steadily through oak and fir forest above Dhunche
- Chance of langur monkeys and Himalayan birdlife along the trail
- Reach Sing Gompa, or Chandanbari, at 3,330 m, with its small monastery and cheese factory

3 Trek to Gosaikunda

- Ascend past Cholangpati and Lauribina with widening mountain views
- Cross open ridges looking out to Manaslu, Ganesh Himal and Langtang Lirung
- Arrive at the sacred Gosaikunda lakes at 4,380 m
- Walk around the lakes and shrines, then an early night ahead of the pass

DAY 4 Cross the Laurebina La to Ghopte

- Climb to the Laurebina La pass at 4,610 m, the high point of the trek
- Long descent past high tarns into rugged alpine terrain
- Overnight at Ghopte (3,530 m)

DAY 5 Trek to Melamchigaon

- Climb over Tharepati (3,690 m) on the forested ridge
- Long descent into the upper Helambu valley
- Reach the Hyolmo village of Melamchigaon (2,530 m) with its old gompa

DAY 6 Trek to Tarkeghyang

- Drop to the Melamchi Khola and cross the river
- Climb through forest to Tarkeghyang, the largest Hyolmo village
- Visit the ancient monastery and wander the stone lanes (2,600 m)

DAY 7 Explore Tarkeghyang

- Day around Tarkeghyang to soak up Hyolmo village life
- Visit the gompa, prayer walls and hand-weaving workshops
- Optional short walk to a nearby viewpoint or hamlet

DAY 8 Trek to Sermathang

- Gentle, mostly level walking between villages and forest
- Pass gompas, chortens and apple orchards along the ridge
- Overnight at Sermathang (2,590 m) with wide valley views

DAY 9 Trek to Melamchi and Drive to Kathmandu

- Descend through terraced farmland to Melamchi Bazaar
- Final riverside stretch out of the hills
- Drive back along the Melamchi valley to Kathmandu

INCLUSIONS

What's included

Included

- Private jeep to Dhunche and back from Melamchi
- Licensed guide on all nine days
- Eight lodge nights, meals on the trail
- Langtang National Park entry

Not included

- Lunch on day 9, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

PRICE
$638 / person

1 person	**$1,003** / person
2 people	**$729** / person
3 people	**$638** / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.