



Helambu Panch Pokhari Trek - 12 days

Go on 12 days trip for

\$ per person

This trek enables you to explore through the Langtang National Park home of the Tibetan looking people the Tamangs. We begin our journey by drive towards the North West of Kathmandu to a mountain village of Dhunche a major village of Langtang area. The trek commence from here to the farmland, villages and forest of Rhododendron, conifer, bamboo's, oaks and pines. In the spring forest looks enchanting with flowers all around. After passing these fascinating scenery we follow the narrow gorge of Langtang River till we ascend to the large alpine grass land of Kyangin Gompa where the glacier meets the meadow. You can see Yaks grazing around with the backdrops of snowy peaks of Langtang Ri, Langtang Lirung, Dorjee Lakpa and many other unnamed mountains around you.

An exploration to the Nepal's best -kept secret Langtang's wonders of Gosainkunda Lake, Laurebina pass along with the diverse ethno-culture on the backdrop of Himalayas.

The Langtang - Gosainkunda trek offer an opportunity for the trekkers and adventurers to follow in Bill Tillman's wake and rediscover the Himalayan passes, pristine valley and diverse ethno- culture he found in 1949. Though easily accessible from Kathamandu it remains relatively unspoiled and less developed trekking in Nepal. Several great days of pleasant Langtang Gosainkund trekking through dense forest and traditional ethnic settlements takes you to the holy Gosaikunda Lake and alpine yak pasture of Kyangin gompa, while the mountain views are genuinely inspiring. Over the years this Gosainkunda has become one of the sacred pilgrimage sites for Shamans, the traditional witch doctors, as well as many Hindu and Buddhist devotees. A cross over the Laurebina Pass at an altitude of 4620 meter with an excellent view into Tibet is simply breathtaking.

Day by Day Itinerary:

- Day 01 :** Drive Kathmandu (1350m.) to Chautara (1200m).
- Day 02 :** Trek Chautara to Phusre (2045m.).
- Day 03 :** Trek Phurse to Kami kharka (2845m.).
- Day 04 :** Trek Kami Kharka to Pauwa Bas (3000m.).
- Day 05 :** Trek Pauwa Bas to Hille Bhanjyang (3400m.).
- Day 06 :** Trek Hille Bhanjyang to Nasim Pati(3700m.).
- Day 07 :** Trek Nasim Pati toPanchpokhari (Five lakes) (4100m.).
- Day 08 :** Trek Panchpokhari toNasimpat (3700m.).
- Day 09 :** Trek Nasimpat to Dukang (2100m.).
- Day 10 :** Trek Dukang to Dhap (1200 m).
- Day 11 :**

Trek Dhap to Melamchipul (800m).

Day 12 : Melamchipul Bazaar, Drive to Kathmandu.

What is Trekking?

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

Trekking Styles:

There are very various ways of trekking on foot through Himalayan range of Nepal. Whey is planning a trek you need to think carefully about deferent styles of trekking available. Remember that when hiking in any major renege of the mountains, it makes seems to go with at list on while chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

Typical Trekking Days:

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisured time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are build in to the ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

Private Groups:

Every year, Samrat Tours & Travels operates a tangle of private groups. They may be a small or a big groups, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

School & Collage:

Samrat Groups , which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions)as the camping trek and tea house trek. The company operates specially family as well as student groups . The mentioned regions are suitable to the families for going trek, no trouble on the route.. Departure dates are fixed. of both groups. The company allows families with younger children to travel together.

General Information:

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural

experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way ,come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

What is included in the price?

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

Trip Fact

- **Trip code**EHCS-50522
- **Destination**Nepal
- **Duration**12 days / 11 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking