

Lama Adventures Pvt. Ltd.

Gosaikunda Langtang Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Moderate	18 Days	Langtang	4984m	Trekking	2 - 20 PAX	Tea House and Hotel

Overview

Situated in Rasuwa district of Nepal, Gosaikunda lies in the north of Kathmandu between Helambu, Langtang Valley and Langtang National Park. Gosaikunda is the name for a sacred holy lake where it is believed that Lord Shiva took a bath in this lake for acquiring purity of soul while meditating in the Himalayas of Nepal and Tibet. So, every year in the festival of Janai Purnima, devotees walk all the way up to the lake, offer their prayers and take a dip in the lake to purify their soul. Gosaikunda is the nearest trek from Kathmandu valley, yet it is the less taken trail than Annapurna Base Camp and Everest Base Camp.

The Gosaikunda trek has an extremely diverse landscapes; including rice terraces, gigantic rhododendron and pine forests at the lower lands and rock and shrub wilderness with the fascinating backdrop of snow capped peaks in the higher lands. You will also have the opportunity to witness the beauty of the Gosaikunda Lake. The trek begins from Dhunche, which is a full day drive from Kathmandu. Cross the Laurebina pass (4,600 meters), where the mountains rise soaring towards the sky, and drop into the lush Helambu region and the trek ends at Sundarikal from which Kathmandu is only an hour drive.

The trekking trail is also home to the red panda, a shy and charismatic endangered mammal species called Habre in Nepali. Tourists, both foreign and domestic, visit the area around the year but September to November and March to May are the main trekking seasons in this region and ideal for the magnificent views all around the trek.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03 : Trek to Chisapani

From Kathmandu, we drive to Sundarikal. Lush greenery, sources of water and serene environment greet us as soon as we reach there. From here, our hike to Chisapani starts. Walking through a few settlements and a lot of forest with a variety of birds and chances of sighting animals, we arrive at Chisapani. Chisapani is a Sherpa village, offering grand views of the mountains. Relieve yourself in the evening by watching a picturesque sunset from the village, and retire to a teahouse to spend the night.

Day 04 : Trek to Kutunmsang

After breakfast, we head for our destination for the day at Kutunmsang. Today's trek starts with a decent walk crossing meadows and numerous fields. Enjoy the magnificent views of the Langtang mountains. Thus we arrive at Pathi Bhanjyang and Gul Bhanjyang. From Gul Bhanjyang, the trail climbs up a ridge and then a downhill takes us to Kutunmsang. Overnight in Kutunmsang.

Day 05 : Trek to Thadepati

Today, we climb from Kutunmsang on a steep trail mostly through fir and rhododendron forest where there are almost no settlements. The trek continues to Yurin Danda with magnificent views of the Himalayas. Finally, we reach Thadepati for our overnight stay.

Day 06 : Trek to Phedi

Our trail follows into numerous forest, across steep-rocky slopes and Tadi Khola. For refreshment, there are a couple of tea houses at Ghopte which falls on our way to Phedi. We will spend the night in a local guest house at Phedi.

Day 07: Trek to Gosaikunda

We will trek to the holy lake village of Gosainkunda through Lauribina pass. The view of mountains from Laurebina pass is superb. Early April is the best time of the year to do this trek because the entire hill is decorated with dense, blooming rhododendrons in red, white and ink colors. We will halt the night in a local lodge in Gosainkunda Village.

Day 08: Trek to Sing Gumba

We will trek from Gosainkunda Village to Sing Gumba. The trail heads across rhododendron and pine forest. Glorious views of Ganesh Himal, Langtang Lirung, Manaslu range, Hiunchuli and Tibetan peak is available in the route. Chandandari has several cheese factories, Buddhist monasteries and Lodges. We will spend the night in one of the local lodges in Chandan Bari

Day 09: Trek to Thulo Syabru

Today's trek down to Thulo Syabru takes about four hours. The first part of the trails descend through pine, silver oak, and rhododendron forests (as well as marijuana plants!). You'll also cross a suspension, from which there are magnificent mountain views.

Day 10: Trek to Lama Hotel

Today is our first-day walk, After crossing the bridge of Bhote Koshi river which follows all the way from Tibet, we walk along the right on Langtang Khola and gorge, the trails climb gradually up through the dense forest and passing the beautiful waterfall, hot spring and you probably see the wild beehive and Apes monkey. After Bamboo, the trail leads gradually steep up in the pine forest to Lama Hotel, Overnight in Lama Hotel.

Day 11: Trek to Langtang

We start our trek to a beautiful and remarkable Tibetan settlement of village Langtang, we reach here after the trail passes through the dense pine forest along the Langtang Khola, and we get to see the first glimpse of Langtang Lirung. Then we will be passing Godhatabela and after Godhatabela, you will be crossing a landslide area which is the old Langtang village, all swept away by the 2015 earthquake sadly. You see the view of the new Langtang village from the landslide area. Overnight in Langtang.

Day 12: Trek to Kyanjibg Gumba

Today is a scenic trek walking through the beautiful landscape, yak pastures and spectacular waterfalls. We walk gradually up on the paved walk through the yak pasture until we reach Kyanjin Gumba. Kyanjing Gumba is the base to Tserko Ri, which we will be hiking up tomorrow early in the morning. Overnight in Kyanjin Gumba.

Day 13 : Explore Cherko ri

Today we wake up very early in the morning and start our hike up to Tserko Ri. You will be passing through Kyanjin Ri on the way to Tserko Ri. Both offer impressive views of white snow-capped mountains and massive deep valleys, sparkling, and frozen lakes. After spending some time in Tserko Ri, we retrace our way back to Kyanjin Gumba. Overnight in Kyanjin Gumba.

Day 14 : Trek to Lama Hotel

After breakfast at Kyanjin Gumba, we leave the Langtang valley by making our way back to Lama hotel. We pass through the Langtang village again and walk through beautiful dense forest until we reach Lama Hotel. Overnight in Lama Hotel.

Day 15 : Trek to SyabruBesi via Sherpa Gaun

Today is our last day of walking. The trail is mostly downhill today so we can go in a decent pace today. The trail, on a clear day, offers a great view of the valley. The path continues gradually up through the bushes and passes Sherpa Gaun. Then we descend down to Syabrubesi. Overnight in Syabrubesi.

Day 16: Back to Kathmandu

After breakfast, we start our scenic drive to Kathmandu along the Bhote Koshi River. Upon your arrival in Kathmandu, you have free time to relax for a while and have a good shower. Enjoy your time in Kathmandu and buy some souvenirs for your loved ones at Thamel. Overnight in Kathmandu.

Day 17: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 18: Final Departure

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accommodation, breakfast and dinner.
All camping Equipment, two men tents, Dining tent,
Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing
period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

Cost Excludes

Personal equipment for Trekking &
Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.