

## Langtang Gosaikunda Trek

### Trip Facts

**Duration:** 17 days

**Trekking Destination:** Langtang / Goasainkunda, Nepal

**Maximum Altitude:** 4609 M / 15121 Ft

**Group Size:** 1 People Or Above

**Transportation:** Drive/Hiking

**Mode Of Trekking Tour:** Hotel/Tea House

**Trekking Hour:** Approx 5-8 Hrs

**Best Season:** March/April/May/Sept/Oct/Nov

Gosaikunda trekking can be done in less than four days, but due to the rapid ascent to high elevation i.e. 4610m it is considered best to be done after acclimatizing in Langtang or Helambu. Gosaikunda holds a lot of religious value and is believed to have been created by Lord Shiva. The legend holds that Lord Shiva, saved the world by drinking a dangerous poison, to cool his burning throat due to poison he struck this mountainside with his trisul to create the lake. Devotees usually make a trip to Gosaikunda during Janai Purnima a full moon festival in August to take purifying ritual bath.

The trek begins from either Dhunche or Thulo Syaphru ascending steep trail through mossy rhododendron forest to the monastery and cheese factory of Shing Gompa at 3250m. The first route that is the climb from Dhunche is particularly difficult. Laurebinayak is another beautiful place to stop by, before one enters the barren upper reaches of the Trisuli River where glacial moraines and rockslides have created some half-dozen lakes (kunda).



# EXPLORE

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## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a placard bearing your name or the name of this travel agency. You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

### Day 2: Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of PashupatiNath, the famous 'Monkey Temple' (Swoyambhunath) and Buddhists shrine (BouddhaNath) etc. Today we will also be finalizing official procedure and other necessary arrangements, provide more information on your forthcoming trip, equipments and team composition. Later in the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

### Day 3: Drive Kathmandu-Syabrubesi (1,550m/5084ft) 145 km

Today we start early for a long road journey of 7 to 8 hours to Syabrubesi which is the start point of the trek. The journey takes us through small pristine villages and terraced hills on the banks of the Trishuli River. We also get to view the enchanting panorama of the Himalayas, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region. Overnight at Lodge

### Day 4: Trek Syabrubesi-Lama Hotel (2470m/8,101ft)

After a hearty breakfast we embark on our journey traversing the ridge on Syabru Besi's main road and soon reach Ghopcha Khola. We trek through terraced fields and dense forest with a variety of plant species like oaks, maple, alder and bamboo. If lucky, we may also get to see the yellow-throated martin, wild boar, langur monkey, red panda and Himalayan black bear en route. The trail further crosses to the north bank of the Langtang Khola amid the spectacular vistas of cascading waterfalls and opens into scrub oak forest. On reaching 2470 meters, we arrive at Lama Hotel where we conclude the trek for the day. Overnight at Lodge

### Day 5: Trek Lama Hotel- Langtang (3430m/11,250ft)

After having breakfast you continue our trek ascending above the Langtang Khola. As the trail progresses, it becomes steeper and we get the most exotic sights of Langtang Lirung lying at 7246 meter. The trail leads to a log bridge and on climbing further we come across the lush meadows of Ghora Tabela at 3000 m. We will see several lodges and a police check post here. Further on, as we walk the route opens up into a wide valley of yak pastures and scattered Tamang villages with water-driven mills and prayer wheels. After reaching a height of 3500 meters and crossing a stream we arrive at Langtang village. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan style houses, hotels and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley etc. Overnight at Lodge

#### **Day 6: Trek Langtang - Kyanjin Gomba (3870m/12,693ft)**

Our trail today skirts through rich yak pastures and interesting traditional villages of Muna to Singdun. We cross a wooden cantilever bridge and reach a wide valley after climbing a moraine. Finally, on ascending the mountain passes, we arrive at Kyagjin Gomba where there is a small monastery and a government-operated cheese factory which is famous for its production of cheese and curd products. Our trek today is short, allowing us time to acclimatize and explore the surrounding. Overnight at Lodge

#### **Day 7: Kyanjin Gomba Exploration**

Today is a day off for acclimatization, rest and exploration of this quaint village. We explore the monastery and local cheese factory in this region. We also get to sample some of its products. We also have the option of the hike to Kyangjin Ri located at 4350 m to enjoy the amazing 360 degree views of snow-capped mountains. We can also take a walk to the foot of the huge Lirung Glacier. Lunch will be served at the Guest House and after a short rest we can stroll around the Kyanjing valley with the guide. Overnight at Lodge

#### **Day 8: Trek Kyanjin Gomba- Lama Hotel (2470m/8,101ft)**

From Kyangjin, we take the route back to Lama Hotel. As we retrace our steps, we follow the Langtang Khola to Langtang village and on to Ghora Tabela. We stop briefly for lunch and thereafter continue the steep descent to Lama Hotel. Overnight at Lodge

#### **Day 9: Trek Lama Hotel - Thulo Syabru (2250m/7,380ft)**

Today from Lama Hotel, we head to Thulo Syabru Besi. While we walk along the undulating path leading to the village we have an opportunity to get an insight of the culture and custom of the Tamang community. We also pass through pine and juniper forests and also get magnificent views of Langtang Himal and more. Overnight at Lodge

#### **Day 10: Thulo Syabru- Shing Gomba (3330m/10,922ft)**

Today is another exciting day as the trail takes us up a broad trail to Dimsa village and through rhododendron, hemlock and Oak forests to Shin Gomba monastery which is well known in Nepal for its Cheese production y. The views of Langtang Himalaya and Langtang village on the trail are breath taking. Overnight at Lodge

#### **Day 11: Trek Shing Gomba- Gosainkunda (4380m/14,366ft)**

After a hearty breakfast, we continue our trail to Gosainkunda (lake). GosainKunda is a very sacred lake of Lord Shiva and pilgrims from all over visit this place to take a ritual cleansing bath in the holy waters. Our

trail ascends through rhododendron covered forests. The area between Shing Gompa and Laurebina Yak is a sanctuary for the Red Panda, an endangered species that the Nepalese call cat bear hence if we are lucky enough we might get the sight of this animal. We then return to the ridge path and climb a wider route to arrive at GosainKunda where we get to explore the lakes. The view is simply amazing. Overnight at Lodge.

#### **Day 12: Trek Gosainkunda- Ghopte (3430m/11,250ft)**

This is a challenging section of the trail and we have to climb some rough sections plus cross several moraines. Enroute we also cross three small pristine lakes before ascending to Laurebina La (4,609m/15,121ft) and then descend to Phedi. The trail fluctuates uphill and down hill at various sections before crossing a rocky hill with pine, rhododendron trees to Ghopte. Overnight at Lodge

#### **Day 13: Trek Ghopte- Malemchigaon (2530m/8,298ft)**

Today we climb through a forested area before crossing through a dry river-bed to arrive at a Kharka, which is surrounded by rhododendron forest. From Kharka it is another uphill hike through the forest to arrive at the village of Thare Pati. Climbing the ridge directly above the village gives you a marvelous view of the Jugal area. We cross the village and enter another forested area before descending to the Melamchi River and take another uphill hike to Melamchi Gaun(village) (2,560m) for overnight. Overnight at Lodge

#### **Day 14: Trek Malemchigaon - Tarke Ghyang (2600m/8528ft)**

Today's fascinating walk takes us to the cultural centre of the Helambu Region. Tarke Gyang is an ethnic Sherpa village, where culture and traditions are age old. Here we get to explore the narrow alleys of this ancient and quaint village of the Sherpa's of Helambu. Overnight at Lodge

#### **Day 15:: Trek Tarke Ghyang- Sermathang (2590m/8495ft)**

Today we take a leisurely hike through a wide valley between Parachin and Gangyul villages. We have enough time at hand to explore these villages and their culture. The people of this village practice Drukpa Kagyu Buddhism which is the same as the national religion of Bhutan. Overnight at Lodge

#### **Day 16: Trek Sermathang- Melamchi Bazaar -Kathmandu**

As we conclude our fascinating and incredible journey we take a short hike down to the Malemchi Pul (bridge) Bazaar, where we catch our transport back to Katmandu. A farewell dinner will be hosted on completion of the trek! Overnight in Hotel

#### **Day 17: Departure**

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

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## **Trip Cost Includes**

- Arrival/Departure transfers.

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- Accommodation in Kathmandu with sharing room with breakfast.
- Accommodation teahouse/lodge with all meals (Breakfast, Lunch and dinner) during trek.
- Sightseeing tour in Kathmandu valley including tour guide and entrance fees.
- Kathmandu-Syabrubesi transfer by Private Transport.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- All necessary paper work and permits (Langtang & Shivapuri National park permit and TIMS )
- Sleeping bag, Down jacket and trekking map (down jacket and sleeping bag are to be returned after trip end)
- Malamchi Pick up by private transport.
- First Aid Kit.
- All government and local taxes.

## Trip Cost Excludes

- Meals in Kathmandu other than breakfast..
- Nepal entry visa fee.
- Your travel insurance
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Extra Tea & Coffee before/after meal.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tip for Guide & Porters.
- Any additional cost due to unforeseen circumstances

