

## Overview

Gosaikunda Lake Trekking is one of the most popular cultural, lifestyle and customs of ethnic people of Himalaya as well as to explore vegetation and wildlife of the Langtang region of Rasuwa district Nepal. The trip to Gosaikunda, a beautiful trekking route lies in the north of Kathmandu valley which is very renowned for both Buddhist and Hindus devotees and followers. Where a lot of pilgrims visit [Gosaikunda Lake](#) every year, on the Full moon day of the Bhadra (August). The devotees are celebrating Janai Purnima Mela, thousands of people worshipping to Lord Shiva can espy. Langtang Gosaikunda is also known as the gorge of glaciers with the natural and traditional beauty, the boon for locals and travelers. The Langtang Region provides the chance to enjoy the eye-catching view of the hidden valley and awesome Himalaya vistas and the snow-covered mountains like Langtang Lirung, Langtang Ri, Ganesh Himal, Langsisa Ri, Dorje Lakpa, Jugal Himal, Gauri Shankar and much more. The Langtang Gosaikunda Trek offers you to learn about an astonishing: the Himalayan people's lifestyle and culture. In the Langtang region, you can observe a large number of ethnic communities, the mostly inhabitant of Tamang, Gurung, Sherpa and other tribes.

The 18 day long Langtang Gosaikunda strenuous trekking itinerary, takes us in the sacred region of Gosaikunda Lake and the beautiful Langtang valley. Visit the beautiful Langtang National Park and Langtang Valley with wonderful mountain views. The major attraction of Gosaikunda Lake trekking is the lush rhododendron, oak and bamboo forest, wild animals, majestic waterfalls, beautiful white giant mountains, holy lake, and river. Following the Trishuli River north out of Kathmandu city, this trail is the nearest trekking area from Kathmandu; the trekkers can get the all-natural and cultural experience of the Himalayan region. While trekking in the Langtang area you also see majestic and excellent views of Mount Everest (8848m), Manaslu, Annapurna, Gauri Shankar and much more.

The amazing adventure trekking begins from the hill town of Syabrubeshi, you will drive from the ancient Kathmandu city. You drive north of the Trishuli River via Trishuli Bazaar and Dhunche-inhabitant of ethnic Sherpa and Tamang community- to Syabrubeshi, where the National Park is situated. We then head to Langtang valley, overpass the River, we trek through rhododendron and oak forest and Tamang village of Langtang. A little walk we reach up to Kyangin Gompa, many trekkers stop for overnight and to watch the local yak cheese factory. We continue trekking through Syabru and Sing Gompa to a high uphill (the sacred lake Gosaikunda is located).

The best season to visit Langtang Gosaikunda Lake trekking is autumn (October-November) and spring (March-May). At this time, the weather is warm and sunny with excellent views, but the nights will be a slight cold. Winter (December- February) is also nice for this trip, but it is too cold throughout the trek. The beautiful and unique Langtang Gosaikunda trek will be run by our active and well English speaking mountain experience trekking guide. We provide Langtang Gosaikunda Lake trekking map and manage your accommodation during the trekking on the mountain and only breakfast in the hotel in

Kathmandu. We have been providing the best quality service in the Langtang Gosaikunda trekking and also the best and affordable cost for all visitors. Hopefully, you will enjoy the Langtang Gosaikunda trip with culture and nature experience. [Nepal Glacier Treks and Expedition](#) always has been following the customer feedback, that is you can read easily review on our website.

## Itinerary Details

### Day 01 : Arrival in Kathmandu (1300m)

After arrival at Tribhuvan International Airport (TIA) in Kathmandu, you will meet our representative who will receive you outside the airport with Nepal Glacier Treks & Expedition's signboard and transfer to your respective hotel by private vehicle. You will enjoy the evening yourself and then have a pleasant stay at hotel in Kathmandu.

### Day 02 : Pre- trip meeting and Sightseeing in Kathmandu

On this day, after breakfast in the morning, at around 8am, we call a pre-trip meeting at your hotel in Kathmandu and introduce your trek leader/guide. Please get this opportunity to ask questions about your trek, tour and important things. In the meeting, please make sure you bring passport, three copies of passport-size photos, and a readable copy of your travel insurance policy. During this meeting and please clear the due balance. After meeting we will begin our Kathmandu valley sightseeing including the cultural and historical site of Kathmandu Durbar Square, Patan Durbar Square and largest legendary Buddhist stupa of Swyambhunath and Bouddhanath, and very famous sacred hindu temple of Pashupatinath which are listed in world heritage sites by UNESCO. If we have plenty time, will visit Bhaktapur Durbar Square- it is city of Devote and you can also buy personal trekking equipment as you will be leaving for the Himalayas trekking and trekking preparation. And then back to hotel then have a pleasant stay at overnight in Kathmandu.

### Day 03 : Drive to SyabruBesi (1550m) 145km/ 7hour

After breakfast in the morning, we will head north- west from Kathmandu valley by drive with views of forested hills, paddy fields, rustic village, mountain lifestyle and River. Take Lunch at the Trishuli Bazar before continuing further to Dhunche. From here, we descend down to Syabrubeshi where can see Sherpa people and village. Overnight stay at lodge in Syabrubeshi village.

### Day 04 : Trek to Lama Hotel (2480m) 6hour

Today is our first day of hiking, from here we will cross the few suspension bridges and reach landslide area. Following the Langtang River with pass through the lush and dense forests. The trails goes up and down but it's not hard and before reaching Lama Hotel we get Rimche village which is situated 2400 meter high. After crossing bamboo wood, we reach the Lama Hotel. Overnight stay at Lama Hotel

### **Day 05 : Trek to Langtang Village (3430m) 6hour via GhoraTabela**

On this day after breakfast, we begin our trekking towards the village of Langtang. Where headquarter of Langtang National Park is located. Today leaving the Lama Hotel, we continues along dense forest where can see oak, pine and rhododendron. The trails goes up and down further to Ghora Tabela and Thangshyap, the trail head to Langtang village from there, we can get 180 degree view of Langtang Lirung Mountain. This Langtang village was severely affected the earthquake last year and little tea- houses are reopened and rise the Langtang valley again. But we give you 100% full accommodation while trekking in this region and you can get chance to explore the earthquake affected area while on trekking. You must visit this region because of Natural and Cultural site are waiting you for explore. Overnight stay at lodge in Langtang village.

### **Day 06 : Trek to KyangjinGompa (3900m) 2- 3 hours**

On this day after breakfast, we will start our trekking to Kyangjin Gompa, which is the principal monastery of the region. On the way, you can see water mills, chorten, prayer wheels with inscriptions carved sacred mounds of rocks. There are also pass the largest mani wall, which is made from stone with prayer written on them. After the short hike, you will reach the Kyangjin Gompa and take a rest and then afternoon you can visit surrounding with the Buddhist shrine and close- up an amazing views of the mountains. Overnight stay at lodge in Kyangjin Gompa.

### **Day 07 : Trek down to Lama Hotel (2480m) 5- 6 hours**

Today, we will begin our return trip on this way. On this day, all the way downhill but you can see excellent views of spectacular mountain which is you have missed on the way up. We suggest you, take more time and walk slow and downhill trek will you reach the Lama Hotel about 5- 6 hours. Also need to cross Langtang Khola and Langtang village. Overnight stay at Lodge in Lama Hotel.

### **Day 08 : Trek to Thulo Syabru Village (2260m) 5- 6 hours**

Today, we will lower down through Rimche and cross the Bamboo Lodge to reach Thulo Syabru. The trails goes down to river, we will cross the Langtang Khola and walk up to Thulo Syabru. On the way, we will pass through Juniper and pine forest with majestic view of Langtang Himal and more. Overnight stay at lodge in Thulo Syabru.

### **Day 09 : Trek to Shin Gompa (3350m) 4- 5 hours**

On this day, after having breakfast and we leave Thulo Syabru for Shin Gompa. Today we can see school and Gompa to Dursagang and crossing the dense forest of hemlock, oak and fir, we will reach the edge at the top of Foprang danda. We will walk continues further to Shin Gompa via the Government Agriculture Office. After passing up and down trails

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and seeing fantastic views of mountain and Langtang valley will reach you Shin Gompa. Where another Buddhist monastery located and next day are can explore cheese factory in the near village of Chandanbari. Overnight stay at lodge in Shin Gompa.

### **Day 10 : Trek to Gosaikunda Lake (4380m) 5- 6 hours**

Today, the trail goes up smoothly through rhododendron covered forested area. The area located in between the Shin Gompa and Laurebina, there are we can see endangered species and other animals. Chance of high altitude sickness exists while climbing Laurebina. We will continue our trek along the beautiful path that offers view of beautiful Saraswatikunda and Bhairabkunda and Gosaikunda. Explore around the beautiful lakes and overnight stay at lodge in Gosaikunda.

### **Day 11 : Trek to Gopte (3440m) 6- 8 hours**

Today is little it challenge day, we need to climb rough and rocky path. Passing three more small lakes, the trail head up and cross Laurebina Pass (4610m). After crossing the pass, the trail descend to phedi and we will continue walk up and down throughout rocky hills, rhododendron and pine trees. Upon arriving at Gopte, you will stay at lodge in Gopte.

### **Day 12 : Trek to Kutumsang (2470m) 6- 8 hours**

Today, we will head towards to Kutumsang with the passing beautiful view of mountain and some small ideal village. We walk up the rocky path for about 2 hours to reach Thadepati pass through the forest of pine and juniper to reach the steep slope. We will walk continue further to Magengoth where Army post is located. After crossing rocky path, lush green vegetation and fir and rhododendron trees to reach Kutumsang. Overnight stay at lodge.

### **Day 13 : Trek to Chisapani (2215m) 6- 7 hours**

We leave Kutumsang for Chisapani is the very famous to Nepali and foreigner tourist for short trekking and hiking. From there, we can see beautiful Himalaya's vista. We continue walk through the Gul Bhanjyang and Chipling to Patibhnjyang. Where we can see ethnic Tamang village and other cast, and walking further, we will lower down to Chisapani. Overnight stay at lodge.

### **Day 14 : Trek to Sundarijal (1460m) and drive back to Kathmandu**

We will climb the BorlangBhanjyang(2440m) and reach Army Check Post. Shivpuri Entrance Permit is checked at this post. We will walk further through Mulkharka(1800m) to Sundarijal, where we can see the large dam. Water from this dam is supplied to citizens in Kathmandu. And then we drive back to Kathmandu from the Sundarijal and you will be rest in hotel. Overnight stay at hotel.

### **Day 15 : Free day in Kathmandu**

A day before your departure, you will have a free day in Kathmandu. On this day, you can either have a full day of rest at the Hotel or else you can stroll on the streets of Thamel and Basantapur area and buy souvenirs and gifts to your loved ones back home. You can even have the pleasure of rickshaw ride in the Capital. In the evening, enjoy a farewell dinner with local food and cultural show, and overnight at hotel.

### **Day 16 : Final departure**

This is the last day of your package. You will be assisted with your last moment preparation and dropped at TIA, Kathmandu from where you will board the flight to your next destination. Have a Nice Journey