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Langtang Gosaikunda Trek - 16 Days

Langtang Gosaikunda Trek offers a wonderful opportunity to explore gorgeous valleys of the Langtang region and the scenic lakes situated at higher altitudes of Gosaikunda. Langtang Gosaikunda trek gives you the chance to perceive the glimpse of Himalayan ranges up-close. You will surely get amazed by trekking along forests and valleys to experience the scenic beauty of holy Lake Gosaikunda. The sacred lake holds great importance to Hindus and Buddhists' devotees traveling there, especially on full moon days.

Our real Langtang Gosaikunda Trek adventure starts after reaching the Syabrubesi passing by Dhunche. Then, trekking through the rhododendron, oak trees, and bamboos will take you one step closer to nature. Here most of the villages are inhabited by Tamang and Sherpa people.

In our adventurous trekking days in Langtang National Park, Kyangjin Ri is the main viewpoint from where we can see the glimpse of Himalayan ranges like Langtang Lirung, Dorje Lakhpa, Ganesh Himal, and more or less other dazzling small peaks. An endangered species, Yak, is seen grazing on our further trekking towards Singompa. Also, the Langtang Gosaikunda Trek region is famous for producing Yak Cheese in cheese factories where you can surely taste some.

Moving on to pilgrimage site Gosainkunda, view the magnificent sunrise view over the hundreds of sparkling lakes. Lakes are mainly Saraswatikunda, Bhairabkunda and Gosaikunda. It carries great importance to Hindus as it is believed that Lord Shiva created the Gosaikunda with his trident. After passing Laurebinayak pass, you can’t get off your eyes through spectacular views of Manasalu, Ganesh Himal, and Langtang Lirung. Then we descend steeply to our camp near Gopte and walk towards Kutumsang, Chisopani, before taking a drive back to Kathmandu.

IS LANGTANG GOSAIKUNDA TREK FOR ME?

This Langtang Gosaikunda Trek is rated as moderate difficulty, and spirited walkers with an ability to walk approximately 5 hours a day with a good fitness level can accomplish this adventurous trek. However, jogging and exercising regularly a few weeks before the trek is highly recommended to make this really memorable and enjoyable.

ACCOMMODATION AND MEAL DURING THE TREK

We will have three nights’ accommodation with breakfast at a 3-star category hotel in Kathmandu. During trekking, we will spend 12 nights All accommodations for Langtang Gosainkunda Trekking best available twin sharing lodge to lodge accommodation during the trek; the Langtang Region.
During our Langtang Gosainkunda Trekking Rapid 12 Days Trek, we can enjoy typical Nepali food, different ethnic cuisines, and all types of international cuisine (Tibetan, Continental, Italian, and Indian.) from pizza and chips to apple pie. We can even enjoy hot sizeable fruits, chocolates, a variety of bread, a variety of drinks, and snacks.

A day's breakfast will be served from the tea house or lodge menu where we spent the night. Lunch will be served on the way to your destination, and dinner and breakfast will be served at the tea house where you spend the night. Finally, a farewell dinner and breakfast will be served during our stay in Kathmandu.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Twin sharing accommodation in best available teahouse/lodge during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportation from Kathmandu – Syabrubensi– Kathmandu transfers by private vehicle (bus/jeep)
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, trekking permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International airfares
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu and also because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrive at Tribhuwan International Airport (TIA) Kathmandu.

Welcome to Kathmandu! As you land at Kathmandu airport (Tribhuvan International Airport), reclaim your luggage and finish your custom formalities (visa, etc.) and get to the airport waiting terminal, you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks & Tours signboard with your name. You will be then transferred to your respective hotel in our private vehicle. You can rest at your hotel to recover from jet lag or if you have plenty of time you can visit Thamel market for any lacking gears for your Langtang Gosainkunda Trek. Overnight in Hotel in Kathmandu.

Day 2: Trek preparation and Kathmandu Valley Sihgtseeing Tour.

Today after breakfast we start a guided tour to these four medieval and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage Sites:

Durbar Square: Durbar Square is a complex of historic palaces, courtyards and temples, built between the 12th and 18th centuries, used to be the Royal palace compound of the ancient Malla kings of Kathmandu. Interesting pieces here to see are 17th century stone inscription set into the wall of the palace, Taleju temple-tallest of all structures built by king Mahendra Malla in 1549 A.D. , Jagannath temple- built in the 16th century, known for fascinating erotic figures carving I the wooden struts eaves, Kal Bhairav- one of the largest stone idol in Kathmandu representing the terrorizing aspects of Shiva, Statue of King Pratap Malla in praying gesture to Digu Taleju the royal family deity right across, Kumari Ghar- 17th century Kumari temple, Kasthamandap- built from the timber of a single tree, Kathmandu derives its name from Kasthamandap. The entire Palace Complex is also known as Hanuman Dhoka named after a monkey god called Hanuman. One can see a huge stone statue of Hanuman painted all red right next to the main entrance (the golden gate) of the palace. Hanuman here is regarded as a powerful protector of the entire Durbar Square.

Pashupatinath: Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world located on the bank of the Bagmati River. It is a square two tiered pagoda temple built on a single tier plinth which is famous all over the world. Although entrance into the temple complex is allowed to Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. Besides being a place of worship, the bank of Bagmati River alongside Pashupatinath Temple is the most important cremation site for the Hindus in Nepal.

Bouddhanath: Bouddhanath, a Buddhist shrine in unique octagonal Mandala design with hundreds of prayer wheels and the 108 images of the Buddha set into the niches around the huge structure. Bouddhanath Stupa is one of the large Stupas in the world. Bouddhanath is also famous for over 50 Tibetan monasteries, thus the area is also known as ‘Little Tibet’. You can join the locals to circumambulate the Stupa, bargain for handicrafts in the shops or sit on a rooftop restaurant and absorb the atmosphere.

Swoyambhunath: Popularly known as Monkey temple due to profusion of monkey found in the shrine area, Swoyambhunath is a 2000 years ancient Stupa situated on a small hill. It is world’s most celebrated Buddhist shrine and its main temple is capped by a pinnacle of copper gilt and is painted on the four sides with all seeing eyes of Lord Buddha.

Overnight in hotel in Kathmandu. (Breakfast, Included)

Day 3: Drive to Syabru Bensi (1462 Meters) by bus 7 Hrs.

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Drive from Kathmandu to Syabru Besi which takes about eight hours by bus. You head north out of Kathmandu driving through scenic foothills and ridgeline vistas to Syabru Besi passing through Dhunche. While passing along the road at the bank of Trisuli River you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. At the same time, you notice that the road is still under construction. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 4: Trek to Lama Hotel (2500 Meters) 5 Hrs.

Today, the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail is gradually climbs to Bamboo passing through the Landslide area. Afterwards, your trek ascends gently to Ramche (2400meters) through Bamboo (1960meters) which lies at the bank of Langtang Khola. You can have lunch at this place if you like. And at the end your trail is level to the Lama Hotel. En route you could see red pandas, monkeys and bears if you're lucky. Overnight at Guest House. .(Breakfast, Lunch and Dinner Included)

Day 5: Trek to Langtang Village (3307 Meters) 5 Hrs.

The trek route follows Gumanechok, Ghoda Tabela literally it means the Horse Stable. After this the trail is slightly gradual and beautiful in the valley with the grazing Yaks. Langtang village is one of the very local and old villages along this trekking route and the view from here is more spectacular. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 6: Trek to Kyangjin Gompa (3798 Meters) 4 Hrs.

Today is a shorter walk but enough for acclimatization. The surroundings are interesting also because of the famous Cheese factory. This beautiful valley in the lap of the Langtang Lirung and other around. A place to explore the valley and lots of small peaks to climb. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 7: Kyangjin Gompa Exploration!

Today is a day to rest and explore the area. You can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin RI (4350meters) which is highest point of this trek, directly behind the village, for a breath-taking panorama of the Langtang peaks. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 8: Trek back to Lama Hotel

Today after having our early meal, we return towards Lama hotel.We stayovernight at local guest house. Meal includes: B,L,D

Day 9: Trek to Thulo Syabru (2250 Meters) 5 Hrs. (Breakfast, Lunch and Dinner Included)

The beginning of the trail gently descents to the Landslide which then goes steeply up to Thulo Syabru. En route you could see red pandas, monkeys and various species of birds. Thulo Syabru is a wonderful village. From where you can enjoy the amazing land feature and the magnificent nature with splendid views of Ganesh Himal (7110meters), Langtang Himal and its ranges. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 10: Trek to Sin Gompa (3250 Meters) 5 Hrs.

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The trails from Thulo Syabru to Foprang Danda (3200 meters) follows a steep ascent path passing through Dursagang (2660 meters) along with the views of Langtang Himal, Ganesh Himal, Tibetan Mountain, Hemlock and forests. Now the path gently ascends for a while then it follows a flat level to Sing Gompa. There is a well managed local cheese factory and a Buddhist Monastery. Singgompa provides panoramic views, exhilarating nature and Yak Cheese factory, it is considered the best cheese in Nepal. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 11: Trek to Gosaikunda (4300 Meters) 5 Hrs.

The first part of the trail emerges and we steadily climb up to Lauribinayak and the top of Lauribinayak gives you an exotic feeling. With a steep ascent all the way to Gosaikunda. You follow a rugged trail with dramatic views to the Manaslu range, Ganesh Himal range, Tibetan peaks and Langtang Lirung. On a clear day, even the Annapurna range can be seen rising up behind and to the north also across the valley is Langtang Lirung. You pass a few huts in the high pasture of Laurebinayak, cross a small ridge and have your first views of the holy lake of Gosaikunda. There are about a dozen lakes in the Gosainkunda Basin the main three being Saraswatikunda, Bhairabkunda and Gosainkunda. According to legend Gosainkunda was created by Shiva when he pierced a glacier with his trident to obtain water to quench his thirst after having swallowed a poison that threatened to destroy the world. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 12: Cross Laurebina Yak pass (4610 Meters) then trek to Ghopte (3430meters) 6 Hrs.

The trail leaves Gosaikund and climbs through rugged country, past four small lakes to the Laurebina La (4610meters), the highest point of this trek. Keep looking back at the spectacular views of Manaslu and the mountains of the Ganesh Himal, as well as the now familiar Langtang Lirung. You then descend steeply to camp near Gopte. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 13: Trek to Kutumsang (2440 Meters) 5 Hrs.

The trail continues through the forest of pine & juniper about 2 hour's slope up to Thadepati. Except ascending to Thadepati, the rest of the trail will descend. Sufficient hotels, lodges and temporary tea-house are available on the route, attractive mountain views as well as local peoples' life style. Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 14: Trek to Chisopani (2110 Meters) 6 Hrs.

A pleasant walk down to the Patti Bhanjyang and walking up to Chisopani you can enjoy another spectacular view from Kutumsang (2200m). Overnight at Guest House.(Breakfast, Lunch and Dinner Included)

Day 15: Trek to Sundarijal and Drive to Kathmandu (4 Hrs Trek and 90 mins drive)

Today we trek down to Sundarijal and drive back to Kathmandu. Overnight at Hotel.(Breakfast, Lunch and Dinner Included)

Day 16: Final Departure

Today your Langtang Gosainkunda trek trip comes to an end. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks and Tour will take you to the airport for your flight back home. We are sure our service and the Himalayas hospitality has

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captivated you to come back again! (Breakfast, Included)