

# 8848 Nepal

## Gosaikunda Trek

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### Trip Facts

**Trip Duration:** 8 Days

**Difficulty Level:** Moderate

**Trip Area:** Langtang Region

**Maximum Altitude:** 4610m/15,124.67ft-Laurebina Pass

**Best Season:** September-November and March-May.

**Meals:** Full board (please check the details)

**Accommodation:** Hotels, Resorts, Homestay

**Transportation:** SUV

**Trip Start:** Kathmandu

**Trip End:** Kathmandu

### Itinerary Highlights

- Gosainkunda Lake
- Panoramic Mountain Views
- Scenic Landscapes
- Wildlife Encounters
- Cultural Festivals
- Cultural Immersion
- **Shortest 4500m+ and 15,000ft+ Trek**

### Trip Overview

The Gosainkunda Trek is a mesmerizing journey through the Langtang region of Nepal, known for its stunning landscapes, diverse flora and fauna, and rich cultural heritage. This trek takes

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you to the sacred Gosainkunda Lake, a revered pilgrimage site for both Hindus and Buddhists, nestled amidst the Himalayan peaks at an altitude of about 4,380 meters. The trek typically begins in Syabrubesi, following the Langtang River through lush forests, picturesque villages, and terraced farmland. As you ascend higher into the mountains, you'll encounter rhododendron and bamboo forests, cascading waterfalls, and panoramic views of snow-capped peaks. One of the highlights of the Gosainkunda Trek is reaching Gosainkunda Lake, a series of high-altitude alpine lakes believed to have been created by Lord Shiva's trident. Pilgrims from Nepal and India flock to the lakes during the sacred festival of Janai Purnima in August, adding a vibrant cultural element to the trek.

Aside from the natural beauty, the trek also offers opportunities to immerse yourself in the local culture. You'll have the chance to interact with Tamang and Sherpa communities, visit ancient monasteries and chortens, and learn about the traditional way of life in the Himalayas. The trek typically takes around 7-10 days to complete, depending on the starting point and itinerary chosen. Accommodation along the route ranges from basic teahouses to more comfortable lodges, providing trekkers with a cozy place to rest and refuel after a day of hiking.

Overall, the Gosainkunda Trek is a rewarding adventure that combines breathtaking mountain scenery, cultural immersion, and spiritual significance, making it a truly unforgettable experience in the heart of the Langtang region. Whether you're a seasoned trekker or a first-time adventurer, this trek offers something for everyone, leaving you with memories to last a lifetime.

### Detail Itinerary

#### Day 1: Arrival in Kathmandu

Arrive in Kathmandu, the capital city of Nepal.

Transfer to your hotel and check-in.

Spend the day exploring Kathmandu's vibrant streets, bustling markets, and historic landmarks.

Overnight stay in Kathmandu.

#### Day 2: Kathmandu to Dhunche

Drive from Kathmandu to Dhunche, the starting point of the trek.

Enjoy scenic views of the countryside and Himalayan landscapes along the way.

Overnight stay in Dhunche.

#### Day 3: Dhunche to Chandanbari (Sing Gompa)

Begin the trek from Dhunche and ascend through lush forests and terraced fields.

Pass through small villages and enjoy panoramic views of the Langtang Himalayan range.

Arrive at Chandanbari, also known as Sing Gompa, and explore the surrounding area.

Overnight stay in Chandanbari.

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### Day 4: Chandanbari to Gosainkunda

Continue ascending through rhododendron and pine forests, with occasional views of the Himalayas.

Reach Gosainkunda, a series of sacred alpine lakes nestled amidst the mountains.

Explore the lakes and surrounding area, including the famous Gosainkunda Lake.

Overnight stay near Gosainkunda.

### Day 5: Gosainkunda to Thadepati

Trek from Gosainkunda to Thadepati, crossing the Laurebina Pass (4,610 meters).

Enjoy panoramic views of the Himalayas from the pass, including Langtang Lirung and Ganesh Himal.

Descend to Thadepati, a small settlement with stunning mountain views.

Overnight stay in Thadepati.

### Day 6: Thadepati to Kutumsang

Descend through rhododendron and juniper forests, with occasional glimpses of the Himalayas.

Pass through small villages and terraced fields as you make your way to Kutumsang.

Enjoy views of the rolling hills and valleys of the Helambu region.

Overnight stay in Kutumsang.

### Day 7: Kutumsang to Chisapani

Continue descending through forests and farmland, with occasional encounters with local villagers.

Reach Chisapani, a beautiful hill station offering panoramic views of the Himalayas and Kathmandu Valley.

Explore the area and enjoy the sunset views from Chisapani.

Overnight stay in Chisapani.

### Day 8: Chisapani to Sundarikal; Drive to Kathmandu

Trek from Chisapani to Sundarikal, passing through forests and rural villages.

Arrive at Sundarikal and drive back to Kathmandu.

Enjoy a farewell dinner in Kathmandu and celebrate the completion of the trek.

Overnight stay in Kathmandu.

### Day 9: Departure from Kathmandu

Transfer to the airport for your onward journey or extend your stay to explore more of Nepal.

## Cost Includes

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- Trekking Permits
- Transportation
- Accommodation
- Guide and Porter
- Meals
- First Aid Kit

### Cost Includes

- International Flights
- Visa fees
- Travel Insurance
- Personal Expenses
- Additional Services
- Alcoholic Beverages
- Extra Accommodation
- Unforeseen cost

### Guidelines / Information

#### Trekking Permits:

Ensure you obtain the necessary permits for the trek, including the Langtang National Park entry permit and TIMS (Trekking Information Management System) card.

#### Physical Fitness:

The Gosainkunda Trek involves several days of moderate to strenuous hiking at high altitudes. It's essential to be in good physical condition and undertake some pre-trek training to prepare for the trek's challenges.

#### Altitude Acclimatization:

Acclimatization is crucial to avoid altitude-related illnesses such as acute mountain sickness (AMS). Take your time to acclimatize properly by gradually ascending to higher altitudes, staying hydrated, and listening to your body.

#### Packing Essentials:

Pack appropriately for the trek, including sturdy hiking boots, warm clothing layers, a waterproof jacket, hat and gloves, sunscreen, sunglasses, a refillable water bottle, and basic first aid supplies. It's also recommended to bring trekking poles for stability on steep and uneven terrain.

#### Weather Conditions:

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The weather in the Langtang region can be unpredictable, with temperatures varying greatly depending on the season and altitude. Check the weather forecast before your trek and be prepared for changing conditions, including rain, snow, and cold temperatures, especially at higher elevations.

### **Accommodation and Meals:**

Accommodation along the trekking route consists of basic teahouses or lodges offering simple rooms with shared facilities. Meals are typically provided at the teahouses and include Nepali and international dishes such as dal bhat, noodles, and soups.

### **Hydration and Water:**

Stay hydrated by drinking plenty of water throughout the trek. While bottled water is available at teahouses, it's more environmentally friendly to bring a refillable water bottle and use water purification tablets or filters to treat water from natural sources.

### **Responsible Trekking:**

Practice responsible trekking by respecting the local culture, customs, and environment. Dispose of waste properly, including carrying out non-biodegradable items, and minimize your impact on the fragile mountain ecosystem.

### **Safety Precautions:**

Follow safety guidelines provided by your trekking guide, including staying on marked trails, avoiding steep or unstable terrain, and being cautious around mountain streams and waterfalls.

### **Emergency Preparedness:**

Be prepared for emergencies by carrying a fully charged mobile phone with local SIM card, a whistle or signaling device, a headlamp or flashlight, and emergency contact information for local authorities and rescue services.