

8848 Nepal

Gosaikunda/Langtang Trek



Trip Facts

Trip Duration: 15 Days

Difficulty Level: Moderate

Trip Area: Langtang Region

Maximum Altitude: 4773m/15,659.45ft-Kyanjin Ri

Best Season: Spring & Autumn

Meals: Full Board

Accommodation: Teahouses/Guesthouses/Lodges

Transportation: Heli/Jeep/Bus

Trip Start: Kathmandu/

Trip End: Kathmandu

Itinerary Highlights

- **Gosainkunda Lake:** A sacred alpine lake at an altitude of 4,380 meters, revered by both Hindus and Buddhists.
- **Langtang Valley:** Known for its beautiful landscapes, lush forests, and the rich culture of the Tamang people.
- **Kyanjin Gompa:** A significant Buddhist monastery in the Langtang Valley, offering panoramic mountain views.
- **Kyanjin Ri:** A challenging day hike from Kyanjin Gompa, providing panoramic views of Langtang Lirung (7,227 meters) and other surrounding peaks.
- **Diverse Flora and Fauna:** The trek passes through Langtang National Park, home to diverse wildlife including red pandas and Himalayan black bears.

Trip Overview

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The Gosaikunda and Langtang trek is a captivating journey through the Himalayas, offering a blend of natural beauty, cultural richness, and spiritual significance. Located in the Langtang National Park, north of Kathmandu, this trek provides an exceptional experience for trekkers seeking a less crowded route compared to more popular trails like Everest or Annapurna. The trek combines the picturesque Langtang Valley with the sacred Gosaikunda Lake, revered by both Hindus and Buddhists. Starting from Syabrubesi, the trek initially follows the Langtang River, leading trekkers through lush forests of rhododendron and bamboo, vibrant with wildlife such as red pandas and Himalayan black bears. The ascent through the Langtang Valley reveals breathtaking landscapes of snow-capped peaks, including Langtang Lirung (7,227 meters). The valley is dotted with traditional Tamang villages, where trekkers can experience the warm hospitality of the locals and observe their unique culture and traditions. The village of Langtang, although severely affected by the 2015 earthquake, showcases remarkable resilience and offers insights into the local way of life. Continuing from the Langtang Valley, the trail leads to Kyanjin Gomba, a significant Buddhist monastery offering panoramic views of the surrounding mountains. This area is ideal for acclimatization, with optional day hikes to Tserko Ri (4,984 meters) or Kyanjin Ri (4,773 meters) providing stunning vistas. The spiritual atmosphere and the majestic scenery around Kyanjin Gomba make it a highlight of the trek.

From Kyanjin Gomba, the route diverges towards Gosaikunda, a series of alpine lakes situated at an altitude of 4,380 meters. The journey to Gosaikunda is both physically demanding and spiritually enriching, as the lakes are considered sacred and are believed to have been created by Lord Shiva. The pristine blue waters of Gosaikunda, surrounded by towering peaks, offer a tranquil and reflective experience for trekkers. During the full moon in August, thousands of pilgrims visit the lake for the annual Janai Purnima festival, adding a vibrant cultural dimension to the trek. The descent from Gosaikunda follows the Helambu route, passing through dense forests and charming Sherpa and Tamang villages. The lush green landscapes and the diverse flora and fauna provide a stark contrast to the alpine terrain of the higher altitudes. The trek concludes with a gentle descent to Sundarimal, near Kathmandu, offering a perfect blend of adventure, culture, and spirituality.

Overall, the Gosaikunda and Langtang trek is a multifaceted journey that captures the essence of Nepal's Himalayan beauty and cultural heritage. It is suitable for trekkers with moderate experience and provides an unforgettable experience of both natural splendor and cultural depth.

Detail Itinerary

Day 01: Arrival at Kathmandu and transfer to hotel

Our representative welcomes you from the International Airport upon your Kathmandu arrival. You are transferred to the hotel to take a rest. Visit the Thamel area if time permits. Spend a night in a hotel.

Day 02: Ride from Kathmandu to Syabrubesi (1500m) (by bus)

Enjoy a ride in a public vehicle for about 7/8 hours to Syabrubesi from Kathmandu with the

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guide. If one wishes to, take a private jeep ride from Kathmandu. The beautiful natural scenery on the way makes the journey pleasant. Spend a night in a teahouse.

Day 03: Trek from Syabrubesi to Lama Hotel (2470m)

The trek journey starts by crossing a bridge over Langtang Khola. Walk through the lush green forest on the rugged trails traversing several villages in the vicinity of Langtang National Park. Spend a night in a teahouse.

Day 04: Trek from Lama Hotel to Langtang Village (3430m)

A pleasant journey mostly walking through the forested trail admiring the surrounding flora and sounds of birds. Enter the Tamang ethnic-inhabited Langtang village. Get impressed with the warm hospitality of Tamang, and witness their culture and lifestyle. Spend a night in a teahouse.

Day 05: Trek from Langtang Village to Kyanjin Gomba (3865m)

Start the journey passing through ascend and descend trails with a view of Langtang ranges in the background. Traverse through the Mani wall, prayer wheels, and chortens on the way to reach Kyanjin Gomba. Later, explore the famous and oldest cheese factory nearby. Interact with friendly locals and enjoy the natural surrounding scenery. Spend a night in a teahouse.

Day 06: Rest Day

The rest day is scheduled at Kyanjin Gomba. Start the morning with a short hike to Kyanjin Ri (4,773m) for breathtaking views of Langtang Ranges, and the impressive surroundings from the top. At the top, enjoy a packed lunch and return to Kyanjin. After a hike, have lunch. Then, visit the beautiful Kyanjin Gomba. Spend some time inside the Gomba interacting with monks and exploring. Spend a night in a teahouse.

Day 07: Trek from Kyanjin Gomba to Lama Hotel (2470m)

After spending and creating some good memories at Kyanjin Gomba, it's time to return to Lama Hotel. Return via descending trail and reach Lama Hotel. Spend a night in a teahouse.

Day 08: Trek from Lama Hotel to Thulo Syabru (2210m)

Enjoy the picturesque surrounding beauty on a trail. Descend to Pairo and then traverse a river. After that, ascend further to arrive at Thulo Syabru. Spend a night in a teahouse.

Day 09: Trek from Thulo Syabru to Cholangpati (3654m)

Pass through several villages in the vicinity of beautiful hemlock, rhododendron, and oak forest on the trail. Ascend Dimsa village, and witness fabulous Mt. Langtang and Ganesh Himal views. Walk further and arrive at the attractive Buddhist Shin Gomba. Visit the monastery. After

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that, ascend uphill and reach Cholangpati. Spend a night in a teahouse.

Day 10: Trek from Cholangpati to Gosaikunda Lake (4380m)

The trek to holy Gosaikunda commences traversing Lauribinayak. The excitement of the trek increases upon reaching Gosaikunda Lake passing several small streams. The sacred Gosaikunda Lake is significant to both Hindu and Buddhist believers. The mountain vistas of Mt. Langtang, Ganesh, and Manaslu en route look splendid. The small and big lakes like Bhairav Kunda, Dudh Kunda, and Saraswati Kunda in the vicinity of Gosaikunda Lake are other major attractions. Walk for a few hours to get there. Explore these beautiful lakes and take some photos. Return to Gosaikunda for an overnight stay in a teahouse.

Day 11: Trek from Gosaikunda Lake to Ghopte (3530m) via Lauribina Pass (4610m)

One of the demanding trek days as reaching Gopte traversing Lauribina Pass at an elevation of 4610m is tough yet thrilling. Walk slowly keeping pace traverse the three small lakes. Then, gradually ascend on a rough rocky trail and arrive at the Lauribina Pass. From the pass, witness the awesome views of Mt. Langtang, Ganesh, and Manaslu. Descend carefully and walk comfortably to arrive at Ghopte. Spend a night in a teahouse.

Day 12: Trek from Ghopte to Kutumsang (2470m)

Walk downhill through the lush green forest and adore the stunning views of the Shisapangma and Dorje Lakpa mountains en route to Magin Goth. Trek further and arrive at Kutumsang. Spend a night in a teahouse.

Day 13: Trek from Kutumsang to Chisapani (2295m)

The natural green scenery in the vicinity of forest and green hills & snowy mountains in the backdrop en route to Chisapani is eye-pleasing. Walk on the descending and ascending trails to arrive at Chisapani. Feel the cool weather as this village is slightly colder than other villages. Spend a night in a teahouse.

Day 14: Trek from Chisapani to Sundarijal (1350m), Drive to Kathmandu

Walking mostly downhill in the vicinity of green forest, enjoying the diverse flora, and listening to the tweeting of birds to reach Sundarijal. Get a view of a huge water reservoir en route to Sundarijal. From Sundarijal, take a public vehicle ride or private cab to return to a hotel in Kathmandu. Spend a night in a hotel.

Day 15: Final Departure

On your final departure, our representative transfers you to the International Airport before your flight schedule and bids farewell. Wish you a safe journey and hope to see you again.

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Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges.
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Airport taxes at the time of departure
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night's stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

Guidelines / Information

Physical Fitness

This trek is moderate to challenging. Ensure you are in good physical condition. Regular cardio exercises, strength training, and hiking practice are recommended.

Permits

TIMS Card: Trekkers' Information Management System card.

Langtang National Park Entry Permit: Obtainable in Kathmandu or at the park entry point.

Equipment and Gear

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Clothing: Layered clothing for varying temperatures, waterproof jacket, thermal wear, gloves, and hats.

Footwear: Sturdy trekking boots, sandals for evenings.

Accessories: Trekking poles, sunglasses, sunscreen, a first-aid kit, water purification tablets, and a headlamp.

Insurance

Comprehensive travel insurance that covers high-altitude trekking and emergency evacuation.

Acclimatization

Ascend slowly, take rest days, and stay hydrated to prevent altitude sickness.

Stay Hydrated

Drink plenty of water and avoid alcohol and caffeine.

Environmental Responsibility

Carry out all trash, use biodegradable products, and stick to established trails to minimize environmental impact.

Health and Safety

Carry a personal first-aid kit, know the symptoms of altitude sickness, and have a plan for emergencies.