

# Langtang Gosiakunda Trek

🕒 17 days

From \$1250

There is one trek that is a must go on if you are going to Nepal, and that trek is the Langtang, Gosaikunda Trek. On this trek, there will be so much to experience when you go on this trek. You will get to explore Langtang and Gosainkunda along with your fellow tourists. And you also have the advantage of having native and experienced tour guides with you. And those tour guides will have the knowledge about the best places to visit when you go to Nepal. You will get to have the safety of a tour guide too because you will be cared for by one, and most professional tour guides will also carry a med kit. So you should be in safe hands on such a trek through the landscape of Nepal.

At the beginning of the Langtang, Gosaikunda Trek, you will start the trek with a hearty breakfast in Kathmandu. After a wonderful breakfast of Nepalese dishes, you will begin to start your trip. You will go with your tour guide to go to the various UNESCO world heritage sites located in Kathmandu. These UNESCO world heritage sites are the Monkey Temple, various Buddhists Shrine, Pashupati Nath the Hindu Temple, and other wonderful locations that are centuries old in Kathmandu.

There are many treks by foot that you can go on your trip throughout the hills and valleys around Langtang and Gosainkunda. There are many hotels to stop by too, so you will be able to stay quite comfortable. One such hotel stop on this trek is Lama Hotel. From this hotel, you will be able to see some fantastic views of the surrounding mountain areas. And this stunning view is a bonus especially when you factor in comfort you will be staying on this trip. And there are other hotels you will be staying, such as the hotels in Kathmandu.

There are also some awesome sights to be taken in when you go on this trek. There are sensational views of the surrounding mountainside. You will be able to view the majestic landscape from the various viewpoints you will be stopping at. The sunset views and other glorious sights are definitely picture worthy. You will be thousands of meters above sea level, so in that high altitude, some of the sights that you see will be incomparably remarkable. If your goal is to see some lovely views in Nepal, then this is the trek to go on.

On a trip to Nepal, you should try the Langtang, Gosainkunda trek, by going on such a trip you will be going on a trip that you will remember for your whole life. This is a trip to go on if you are hungry for some adventure. On this trek, you will get a taste of what an adventure through the Himalayas will feel like. This trek is something that has to be tried out at least once in your life because you will get to intimately feel and know what is in store for you in Nepal.

Grade: Moderate

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Destination: Nepal

Activity: Trekking

Region: Langtang Region

## **Itinerary:**

### **1:Arrival in Kathmandu & Transfer to your Hotel**

Upon arrival at the Airport in Kathmandu, our representative will heartily welcome you. After completing your custom formalities (Visa etc.) will pick up your luggage. Just look our representative with your name on display board at the arrival gate. You will be transferred to your hotel. After check in, you will visit our office , meet your guide as well as other participants of the trekking.

### **2:Kathmandu, Patan sightseeing and trekking preparation in Kathmandu (1,300m)**

The second morning after breakfast, we start a guided tour to several of the most historical and spiritual places in Kathmandu valley. The tour covers UNESCO World Heritage Sites including historical Kathmandu Durbar Square, Swoyambhunath (Buddhist Shrine, also called monkey temple), Baudhanath (the Largest Stupa in the World), Pashupatinath (Hindu's holiest pilgrimage site). Known as a city of arts, Patan, is one of the major cities of Nepal and is best known for its rich cultural heritage, in particular its tradition of arts and crafts. In the evening, pre-trip discussions and introduction to our fellow trekking staff for your adventure trip will be organized.

### **3:Drive to Syabrubesi : 145 km: 7 hrs**

In the afternoon after breakfast, we drive out of Kathmandu along the north-western hills of Kathmandu. On the way we enjoy the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages. After taking Lunch at the Trishuli Bazar we continue further to Dhunche, from where we descend down to Syabrubesi. Overnight stay at Syabrubesi.

### **4:Trek to Lama Hotel : 6 hrs**

We begin our trekking adventure in Syabrubesi. At first we follow the Langtang Khola, pass through the dense forests and cross several suspension bridges. The trail has many ups and downs but not very difficult. Overnight stay at Lama Hotel.

### **5:Trek to Langtang Village : 6/7 hrs.**

The morning tea is following by the second day of the trekking. Our trail continues along dense forests. After making a steady climb through the valley, we leave the tree line behind. Enjoying the marvelous views of Langtang Lirung, we pass by water mills, prayer wheels, Chortens, with sacred mounds of rocks with inscriptions carved on them. Overnight stay at Langtang village.

### **6:Trek to Kyanjin Gompa : 3.5 hrs.**

Immediately getting out of the village, we come across yak pastures. Along the trail, we also pass through the largest Mani wall in Nepal, which is made of stone with prayers written on them. On our course, we cross several of the wooden bridges. As we are getting into the high altitude, you might feel the thin air. Overnight stay at Kyanjin Gompa.

### **7:Excursion to Tsergo Ri and back to Kyanjin: 7-8 hrs.**

We make an excursion to Tsergo Ri which would also help us to acclimatize. The climb to Tsergo Ri (above 5,000 meters) offers a magnificently panoramic views of the Himalayas. In addition, the climb to Tsergo Ri is a challenging one and the time for climb depends upon your physical fitness and previous experiences of climbing mountains. By the evening, we return back to Kyanjing Gompa. Overnight stay at Kyanjing Gompa.

**8:Trek to Lama Hotel: 5-6 hrs.**

The eighth day, we retract to Lama Hotel, all the way downhill. You will see fantastic views of towering mountains what you have missed on the way up. It is suggested to walk slow and take more time to enjoy the natural beauty. Overnight stay at Lama Hotel.

**9:Trek to Thulo Syabru: 5-6 hrs.**

At the beginning, we descend down to the river, crossing the river we ascend to Thulo Syabru. We will see the fascinating view of Langtang Himal and surrounding natural beauty. On the way, you will pass through pine and Juniper forests. Overnight stay at Thulo Syabru

**10:Trek to Shin Gumba: 3-5 hrs.**

You take the trail climbing up to Dimsa village through rhododendron, hemlock and oak forests to Shin Gumba. On the way you will see fantastic views of Langtang Himal and Langtang valley. Shin Gumba is another popular site for Cheese production. Overnight stay at Shin Gumba.

**11:Trek to Gosainkunda: 5-6 hrs.**

The trail ascends through rhododendron forest covered rim of the mountain. This area is a sanctuary for red panda, an endangered wild animal species. You return to the ridge and climb a wider route through alpine country to arrive at Gosainkunda. Explore around the lakes and enjoy. Overnight stay at Gosaikunda.

**12:Trek to Gopte: 6-8 hrs.**

It is challenging today. The trail is steep climb and rough. Passing three more small lakes, the trail ascends and crosses Lauribina La across the Pass, the path down to Phedi you continue walking up and down throughout, crossing a rocky hill with rhododendron forest. Overnight stay at Gopte.

**13:Trek to Melamchi Gaon: 6-7 hrs.**

You descend down through a forested area and then climb through a dry river-bed to arrive at Kharka that is surrounded by rhododendron forest. You climb 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 Himal region. Overnight stay at Melamchi Gaon.

**14:Trek to Tarke Gyang: 5-7 hrs**

Helambu region is the cultural destination. Walk up to Tarke Gyang where you can observe Sherpa culture with traditional village and monasteries. The stone houses are made close to each other with narrow alleyways in between. Overnight stay at Tarke Gyang

**15:Trek to Sermathang: 3-5hrs**

Now you will cross small forest with the view of beautiful village of Helambu region. The trail makes a sweep around the wide valley and reaches to a pretty Sherpa village of Gangyul. The people of this village practice Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Overnight stay at Sermathang.

**16:Trek to Melamchi Pul Bazar and drive to Kathmandu: 3-4 hrs; 2 hrs bus**

You take a short walk down to Melamchi Pul Bazar where you can catch transport, bus or jeep, to Kathmandu. Later in the evening, we will organize a Welcome Dinner at an excellent traditional Nepalese Restaurant where you will enjoy a Nepali cultural program along with a fine meal, Overnight at Kathmandu.

#### **17:Kathmandu departure or trip extensions by adding optional activities**

Drive to airport to board onward journey flight. Or extend your trip by adding optional activities.

#### **Cost Include:**

- All ground transportations by private vehicle including airport pick up & drop transfers
- Full day sightseeing tour in Kathmandu valley inclusive of all world heritage entry fees, tour guide & private vehicle.
- Three night's accommodation with breakfast at a 3-star category hotel in Kathmandu
- Three daily meals with tea and coffee (lunch dinner & breakfast) during the trek.
- Best available twin sharing lodge to lodge accommodation during the trek (comfortable and clean)
- Government license holder English speaking trekking guide
- Porters to carry your luggage during the trekking (1 porter for 2 people) & their food,accommodation,salary,equipment & insurance.
- All land transportation by bus from Kathmandu - Syabrubesi and Melumchi Bazar to Kathmandu by private vehicle.
- Warm down jacket, sleeping bag and duffel bag if necessary ( which need to be returned after your trip completion)
- All necessary paper work for the trip.
- Langtang National park fee.
- Trekking permit, including TIMS fee- trekker's Information Management System (please bring 2 passport size photos for permit.
- Comprehensive first aid medical kit.
- Welcome and farewell dinner in Kathmandu at typical Nepal restaurant.
- All government taxes and office service charge.

#### **Cost exclude:**

- All meals in Kathmandu other than breakfast (and also in the case of early return from the trip than the scheduled itinerary)
- Travel insurance.
- International airfare
- Optional tours and activities during free time.
- Nepal entry visa fee \$ 40 for 30 days, easily can obtain upon your arrival at Tribhuvan international airport, Kathmandu
- Drinks, including water, coke, Fanta, alcoholic beverages, snacks and other personal expenses.
- Personal trekking equipment.
- Travel /medical insurance and emergency evaluation cost (if incase)
- Tips and gratuities for trekking staff and drivers.