

# Langtang Gosainkunda Trek

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/langtang-gosainkunda-trek/>

**Duration**

14

**Max. Altitude**

5,000m

**Difficulty**

Difficult

**Group Size**

2+ pax

**Per Person Cost**

USD 1000

**Transport**

Car, Jeep, Bus

**Meals**

Breakfast, Lunch & Dinner

**Accommodation**

Hotel And Local Lodges

**Starts At**

Syabrubesi

**Ends At**

Syabrubesi

## Highlights

- Explore holy Gosaikunda Lake and other pilgrimage sites.
- Visit Kyanjin Gompa and Local cheese factory.
- Visit to the villages of Langtang and Kyanjing.
- Spectacular views of the snow capped Himalayan panorama.
- UNESCO world heritage sites tour in Kathmandu

## Overview

A route offering many beauties but requires easy effort to catch up with them. The Langtang Gosainkunda Trek is the perfect option for those trekkers who wish to hike through the mid-hill and holy lake at high altitudes. Situated near the Tibetan border, there are many things to capture all along the way from the beginning to the end of this trek. Despite its remoteness, it has many beauties to offer like the beauty of oaks, rhododendron and bamboo forest, crystal clear view of snowy peaks, peculiar culture and tradition of people living in this region, beautiful faunas and most important Gosainkunda- one of the

holiest lakes are the major attractions of this route. You can even enjoy the beautiful landscapes of Langtang valley. The Langtang Gosainkunda [Trek in Nepal](#) is the perfect combination of natural, cultural, geographical and biological beauties.

## Itinerary

### **Day 01: Arrival in Kathmandu and transfer to the hotel (1,400m)**

You will be warmly welcomed at the airport by our office representative and then you will transfer to the hotel. Our staff will give a brief about the program. Overnight at hotel inclusive breakfast.

### **Day 02: Kathmandu sightseeing tour**

This day, you will visit cultural and historical heritages inside the Kathmandu valley, which includes the heritages enlisted by UNESCO like Pashupatinath, Swyambhunath, Kathmandu Durbar Square and Boudhanath stupa. You can go shopping for various Nepalese cultural stuff on this day. And Back to the hotel for overnight including bed and breakfast.

### **Day 03: Drive to Syabrubensi (1,550m) - 7 hrs drive**

Drive from Kathmandu to Syabrubesi which takes about seven/eight hours by jeep/bus. We start to north out of Kathmandu valley along the scenic foothills. While passing through the road along the bank of Trisuli River we can see a glance of Ganesh Himal, Tibet peaks, terraces, and green hills. Overnight at lodges on full board. B.L.D.

### **Day 04: Trek to Lama Hotel (2380m) - 6/7 hrs trek**

After breakfast in the lodge at Syabrubesi, we begin our trek to the Lama hotel. The trek follows Langtang River and we pass through the dense forest. This day, we cross some of the suspension bridges and the trail goes up and down. After we reach Lama Hotel, we will stay overnight at the lodge included full board meals. B.L.D.

### **Day 05: Trek to Langtang Village (3,430m) - 6/7 hrs walk**

The trek route follows with ascending through rhododendron, oaks & pine forest. Through that forest, we can see some snow peaks of Langtang and beautiful valley with the grazing domestic animals like Yaks, cows, sheep, goats & horses. Langtang village is one of the old villages along this trekking trail and the view visible from here is very impressive. Overnight at lodge on full board. B.L.D.

## **Day 06: Trek to Kyanjing Gompa (3,870m) - 2/3 hrs walk**

It is an easy & short day trek to Kyanjing Gompa. It takes about three to four hours to reach to Kyanjing Gompa. Kyanjing is the last human settlement of the Langtang valley. At Kyanjing, you can visit the cheese factory and buy some cheese. The cheese produced from this factory is famous all over the nation. Similarly, you can visit monasteries which carry the religious values of the people living in this region. This is a really beautiful valley & where plenty of the sights are visible. Overnight at lodge on full board. B.L.D

## **Day 07: Excursion Day**

Today, we will have some sightseeing in and around Kyanjin Gompa. The awesome views of natural beauties observed from there will help you feel relaxed and lessen your anxiety. We will visit the old Buddhist monasteries and walk a little to have the view of icy cones of Langtang peaks and the glaciers originated from the Himalayas. We can also make another walk to Tserko Ri (5,000 meters) where we can see the Lantang glaciers and Langshisha Kharka (the beautiful yak pasture land). Back to the lodge and stay overnight inclusive BLD.

## **Day 08: Trek back to Lama Hotel (2380m) - 5 hrs walk**

After breakfast in the morning, we trek downhill to Lama Hotel. It is about 5 hours easy walk which goes through the beautiful green forest and ethnic Tamang settlements. Overnight at the lodge included full board meals. B.L.D.

## **Day 09: Trek to Thulo Syabru (2,250m) - 5 hrs walk**

Following the ascending trail, we will walk for Thulo Syabru. Going through the bamboo forest, we need to cross some suspension bridges and then we can have the imagistic view of Ganesh Himal on the way. Going furthermore through pine and juniper forests and some houses, we will be at Thulo Syabru. Overnight at lodge on full-course meals.

## **Day 10: Trek to Cholang Pati (3,650m) - 6 hrs walk**

The trail follows steep ascend up to Foprang Danda {3210m} from Thulo Syabru along the Dursang with the green scenery around & the ranges of Manaslu, Ganesh Himal, Tibet peaks & Langtang. We walk through Hemlock, Oak-Pine & Rhododendron trees. There is also another trail to get Cholang Pati from Thulo Syabru which is shorter than via Sing Gompa. After the Foprang Danda trail goes normally flat till to Sing Gompa. We can have lunch at Sing Gompa if we are a little early to reach there. You can visit a cheese factory and some monastery called Singompa at Sing Gompa. Some trekkers stop here for a night. But we can continue towards Cholang Pati, approximately one & half an hour and then furthermore 40 minutes up Lahurebina (3920m) from where we can see an excellent mountains view ranges of Annapurna to Langtang on the next morning if weather is so fine. Overnight on a full course of meals.

## **Day 11: Trek to Gosainkunda (4,380m) - 3/4 hrs walk**

We are almost at the range where trees are rarely found. Trail progressively ascends towards to Gosainkunda. After getting to a top of the little hill above Lahurebina, the trail follows rocky cliff passing by it which brings you to Gosaikund. Around the Gosaikund, we can see lots of lakes {believe that 108 Kunda/lake}. Among them, majors are Gosaikunda, Saraswati Kunda, Bhairab Kunda, Surya Kunda, etc. It is believed that Lord Shiva broke a hill rock by his trident {weapon} after swallowing poison given by his enemy. Overnight at lodge on full-course meals.

## **Day 12: Trek back to Dhunche (2,030m) - 9 hrs walk**

Today, we trek down back to Dhunche via Singompa, then follow the trail left from Singompa. From here, the trail again continuously steep downhill along with the scenic villages as well as a military camp where we need to show your permits. In the spring season, we can get there lots of wild berries on the way down to Dhunche. Overnight at lodge on full-course meals.

## **Day 13: Drive back to Kathmandu (1400m) - 7 hrs drive**

After a hot breakfast, take a scenic drive to Kathmandu along the bank of the river. And transfer to the hotel for refreshment. In the evening we will celebrate dinner together organized by our company, for the successful completion of the trip. Overnight at hotel in Kathmandu inclusive breakfast.

## **Day 14: Departure from Nepal**

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

## **Trip Includes**

- The airport picks up and drops off by the private vehicle.
- 3 nights of 3-star standard hotel accommodations in Kathmandu inclusive breakfast.
- 10 nights of twin sharing local lodges accommodations while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Everyday full board meals during the trek. (Breakfast, lunch & dinner)
- All the essential trekking permits and official paperwork for the trek.
- All the long-range ground transfers by local vehicles.
- An experienced and government certified trekking guide for the trek.
- Supporting porters to carry your belongings while on the trek. (1 porter for 2 guests)
- Waterproof duffel bag and sleeping bag to use for the trek.
- First aid medicine kit with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance performance.
- All government taxes and company service charges.
- Pre-meeting in Kathmandu before the trek.

# Trip Exclude

- International airfares and Nepal entry visa fees.
- Lunch and dinner in Kathmandu hotel.
- Your travel insurance.
- Your personal expenses such as mineral bottled water, cold drinks, hot shower, charging and use of WIFI while on the trek.
- Your personal entrance fees for Kathmandu sightseeing.
- Tips to the guide and porters.

# Checklist

## Trekking Gear Checklist

### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)

- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife

- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## **Contact Us, Head Office**

### **Address:**

P.O. Box No. 8349  
Thamel, Kathmandu  
Nepal

**Mobile:** [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

**WhatsApp:** [+977-9813637616](tel:+977-9813637616)

**Email:** [info@gloriorshimalaya.com](mailto:info@gloriorshimalaya.com)