

# Langtang Gosainkunda Trek

**Duration:** 14 Days

**Starts At:** Syabrubensi

**Grade:** Moderate

**Accommodation:** Hotel And Local Lodges All Include

**Transport:** Local Bus

**Altitude:** 5000m

**Ends At:** Dhunche

**Group Size:** Minimum 2 Pax

**Meals:** Breakfast

## Highlights

- Explore holy Gosaikunda Lake and other pilgrimage sites.
- Visit Kyanjin Gumpa 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. Situated near the Tibetan border, there are many things to capture all along the way from 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 is the perfect combination of natural, cultural, geographical and biological beauties.

Starting from Kathmandu valley, it is 14 days trek which offers you the view of pine forest, slow-moving rivers and swift mountain streams, rugged rock and snow-capped peaks, grassy valleys, and fields strewn with daisies and wild primulas on the way. We will take 8 hours of a private vehicle from Kathmandu up to Syabrubesi from where we start walking. We will catch a trail along the Langtang Khola which takes us through beautiful rhododendron forest and the voices of birds will make your journey fantastic. As you go ahead, you can see many beautiful birds welcoming us with their sweet voice. Going further we will cross Langtang village and then reach Kyanjin Gumpa- a Sherpa village, where we can visit Kyanjin Gumpa- believed to be one of the oldest gompas of this region. You can know about the lifestyle of Buddhist monks performing

their rites and rituals. Then we will walk for Tserko Ri from where you can see the enchanting view of Mt Langtang Lirung (7200m) and other mountains on the range. You can visit the cheese factory where handmade cheeses are produced and they are very famous. Moving forward, we will reach Lama Hotel and have a glance of Ganesh Himal (7,600m) and Mt. Langtang II (7,227m). If luck favors us then we can see beautiful animals like red pandas. Moving ahead to Gosainkunda-a holy lake, the view of a rising sun over the shining lake will surely make you stunned. It is believed that Lord Shiva shaped this lake with his trident. We can visit some other villages; enjoy the beauty of beautiful rice terraces before coming back to Kathmandu.

Check out our fixed itinerary for Langtang Gosainkunda Trek or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 1: Arrival in Kathmandu (1,350m)**

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 2: Katmandu sightseeing**

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 3: Drive to Syabrubensi (1,550m)**

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 4: Trek from Syabrubesi 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 5: Lama Hotel 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 6: Langtang Village 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 7: 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 Langtang glaciers and Langshisha Kharka (the beautiful yak pasture land). Back to the lodge and stay overnight inclusive BLD.

### **Day 8: Kyanjing Gompa to Lama Hotel - 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 9: 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 majestic 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 Sing Gompa 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**

After a hot breakfast, take a scenic drive to Kathmandu along the bank of the river. And transfer to hotel for refreshment.

### **Day 14: Departure to your destination**

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:**

- International airport and hotel transfer as per the itinerary.
- 3 nights hotel accommodation in Kathmandu city inclusive breakfast.
- Sightseeing in Kathmandu escorted by our city tour guide.
- All the group transportation from and to the trekking point by bus.

- Nepal government authorized trekking guide and supporting porters to carry your luggage.
- Lantang National Park trekking entry fees and other essential permits
- Best lodges twin sharing accommodation while on the trek.
- First aid medical kit box, sleeping bag and hiking pole for trek.
- Langtang region trekking route maps.
- Farewell dinner at typical Nepalese restaurant in Kathmandu city with cultural dance show.

## **Trip Exclude:**

- International airfares and Nepal visa.
- Meals during the trek.
- Any personal medical or evacuation expenses incur and strongly recommend international Travel insurance which include rescue
- Riding horse along the trek
- Tips to staffs