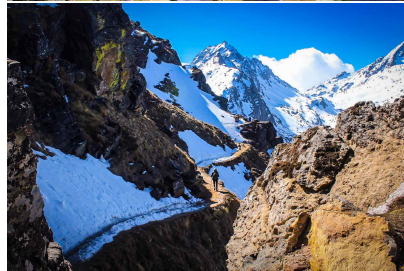


# Langtang Gosainkunda Trek



## Overview

Langtang-Gosainkunda Trekking is a spectacular trekking to a mesmerizing Langtang valley and a popular pilgrimage site and lake, Gosainkunda. This trekking is rewarding for both naturalists and pilgrims. We experience crystal clear water in Langtang river. The suspension bridge, high pasturelands into the deep and lush forest, camping sites, prayer flags are stunning to experience. Similarly, we also will experience the great various species of floras and faunas in Langtang National Park. As the trail ascends, we also have tremendous insights of hospitable Tamang people and their culture. Most important, the Langtang Valley is as astonishing valley encircled by mountain peaks and inhabited by Tibetan people. Apart from these, we also visit a serene lake in the lap of the mountain, Gosainkunda which is a popular pilgrimage site to Hindu.

### Journey Route To Langtang-Gosainkunda

We commence our Langtang-Gosainkunda Trekking after we drive to Syabrubesi ( 8-10 hrs.) from Kathmandu. The drive itself is significant to experience country life, landscapes, mountain peaks etc. The ending part of the road is rough mountain road. The trail then ascends crossing a suspension bridge across Langtang river. We trek along the Langtang river through dense and deep woods in Langtang National Park. We also happen to different species of wildlife include Pandas, Musk Deer, Himalayan Black Bear, Himalayan Thar, Rhesus Monkey, and Langur. It is a delight for bird watchers and florists, especially during the spring season. Rhododendron and bamboo forests, pine forest, swift mountain streams, rugged rock, snow-capped peaks, grassy downs and meadows of Daisies are dominant in the valley which makes the journey even more alluring and memorable. Langtang Valley offers us an opportunity to view splendid Langtang Lirung (7,200m), Ganesh Himal (7,600m) and Langtang-II (7,227m).

Then the trail backtracks to Lauribinayak and Chandanbari which accesses us to get a high mountain holy lake Gosainkunda. In the middle of the lake, we witness an enormous stone lying into the water which is considered to be an incarnation of god Shiva. We also observe other smaller lakes beside Gosainkunda. Then we head to

Gosainkunda Pass. Finally, we trek down to Sundarijal via Chisapani through magical rhododendron and we drive back to Kathmandu.

#### Highlights

- Visit Langtang- ice flowers gorge, pine trees and lush woodland.
- Wonders of the mountains with snow cover, river cascades, canyon, stone-driven miles and several suspension bridges.
- The Tibetan Boarding Area
- Gorgeous glaciers of Lirung and Kim Sung
- Kyangin Gompa Visit
- Ancient Buddhist monasteries, flags of priests and choirs
- Thick woods, lush mountains and farmland
- The Gosainkunda Lake Holy at 4600 m above sea level.
- Broad ride to Kyanjin Ri (4 773 metres), Tzergo / Cherko Ri (4 984 metres) ***Our Langtang Region trekking programs include:***

13 Days LANGTANG GOSAINKUNDA HELAMBU TREK

16 Days Tamang Heritage Trek

11 Days Langtang Valley Trek

12 Days Langtang Gosainkunda Trek

# Outline Itinerary ( 12 Days )

## Day 1 : Arrival Day

Our airport representative will greet you and transfer you to the hotel on your arrival at the Tribhuvan International Airport in Kathmandu. Later that evening you will have welcome dinner at hotel.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Sightseeing Tour of Kathmandu

After breakfast, you will be visiting the UNESCO World Heritage Site in Kathmandu. You will take stroll around the ancient heritages with our guide. You visit the Square of Kathmandu Durbar to witness Nepalese art and history, which is more than 500 years old. Also named Monkey Temple, Swayambhunath is a popular tourist destination. Another place you are going to visit on this day is Pashupatinath (Hindus' biggest temple). Next, your visit will be Bouddhanath in walking distance from Pashupatinath. It is one of South Asia's largest stupas.

**Max Altitude** Kathmandu (1,400 m)

**Duration** 5-6 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Kathmandu to Dhunche

You will be driving to Dhunche, about 7 hours away by bus after an early morning meal. It's a breathtaking drive that passes through a spectacular landscape. After arrival to Dhunche in the late afternoon you will be making your mind to head to Langtang in the evening.

**Max Altitude** Dhunche (2,030 m)

**Duration** Drive-7 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 4 : Dhunche to Sing Gompa

Our actual trekking begins from Dhunche. We walk uphill slowly along the bamboo and oak forest after breakfast, visit the village of Deurali and Dimsa and enter Sing Gompa for overnight. Sing Gompa has a well-known temple, so it's really popular in the area. The location has a large view of the himalayan scenery of Langtang.

**Max Altitude** Sing Gompa (3,330 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 5 : Sing Gompa to Lauribinayak

From Sing Gompa, the road slowly goes up to the patio of Chalang (3650 m) where you have a magnificent view of Langtang Lirung, the Tibetan mountains and the pine and rhododendrons trees. The road climbs up to Lauribinayak.

**Max Altitude** Lauribinayak (3,920 m)

**Duration** 4-5 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 6 : Laurebinayak to Gosainkunda**

Touring the Gosainkunda lakes in time for lunch for another three to 4 hours. We will go to the highest point at Laurebina Pass at a height of 15,091 feet (4600 m) for 1 hour.

**Max Altitude** Gosainkunda

**Duration** 4-5hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 7 : Gosainkunda to Ghopte**

Further our trail descends gradual down towards the village of Ghopte on passing a small human settlement in Phedi.

**Max Altitude** Ghopte (3,440 m)

**Duration** 5-6hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 8 : Ghopte to Tharepati**

The ancient cave in Ghopte is filled by lush bamboo, rhododendron and juniper trees. You pass by a stream after passing through rhododendron, oak and hot-tree woods until entering Tharepati, a village of herders' huts at 3,579 meters. The road goes down from Tharepati to Jugal Himal and Numbur at the Solu Khumbu through the blue pine and rhododendron woods with clear views down into the Helambu Valley. (B)

**Max Altitude** Tharepati (3,640 m)

**Duration** 6-7 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 9 : Tharepati to Gul Bhanjyang

Today we pass the rhododendron and fir trees along our path. En route to Kutumsang (2450 m) you can admire the beautiful mountain scenery of Mt Dorje Lakpa. Then we walk down into a lovely hill village of Gul Bhanjyang. Lodge overnight.

**Max Altitude** Gul Bhanjyang (2,140 m)

**Duration** 6-7 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 10 : Gul Bhanjyang to Chisapani

After breakfast, we trek uphill towards Thodang Betini. Then the trail descends to reach Pati Bhanjyang. Here we can explore a Brahman and Chhetri village. Afterward, we trek further to arrive at Chisapani.

**Max Altitude** Chisapani (2,140 m)

**Duration** 5-6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## **Day 11 : Chisapani to Sundarijal**

Today, our trail leads to Borlang Bhanjyang (2,440 m) through the oak and rhododendron forests. From here on, we will then descend to Mulkharka (1800 metres) with a panoramic view of the valley of Kathmandu. Moving downhill we reach Sundarijal and entering the wood. Then we return by car to Kathmandu. Relax for the day's rest.

**Max Altitude** Sundarijal (1,350 m)

**Duration** Trek (3-4 hrs), Drive (1-2 hrs)

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## **Day 12 : International Departure**

Today our airport representative will transfer you to the Kathmandu International Airport for your flight back to home after early morning breakfast.

**Meal** Breakfast included



## Include / Exclude

- Airport pick up and drop
- Transportation by bus or sharing jeep (KTM-Dhunche)
- Three-star category hotel in Kathmandu (Himalayan Suite Hotel ) in twin sharing with bed and breakfast basis
- Accommodation in lodge during the trekking days in twin-sharing basis with bed and breakfast basis
- All meals, accommodation, insurance and other expenses of trekking crew
- Necessary permit, TIMS and National park fees
- Guided sightseeing tour in Kathmandu in private vehicle
- Necessary equipment (Sleeping bag and duffle bag- if needed) during the trek.
- Private transportation Sundarijal-Kathmandu
- Welcome dinner on Day 1
- Lunch and dinner in Kathmandu and trekking days. (Meal costs about 5\$ - 8\$ dollar per item depending on the place where you eat)
- Personal equipment and clothing
- International flight ticket (We can help you to book)
- Travel insurance (Highly recommended)
- City sightseeing monument entrance fee (NPR 200+400+1000+1000)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

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