

Langtang Gosainkunda Trekking, Route Map, Reviews | Package Cost & Itinerary



Introduction

Gosainkunda Trekking and Langtang Valley treks designed by Nepal Planet Treks and Expedition will take you to the dramatic trekking region. This engrossing area located to the North of Kathmandu. Also, the value lies just to the southern side of the Tibetan border and located between a lower range of snowy mountains to the south part and the core Himalayan range to the north direction.

Kyanjin Gompa, an old Buddhist set of pilgrimage; ascending Chorko-Ri for witnessing the stunning view of Mt. Langtang-Ri, Langsisa, Langtang Himal, Ganjala peak; moving via rhododendron woods; and most significantly visiting divine lake Gosainkunda (4200m) is the attractive part of Gosainkunda Trek. Also, you will go around Langtang National park which covers space of 1,710 sq km in the Langtang area will allow you to see the range of natural glory from wild animals the very big fir and rhododendron trees.

Gosainkunda is also one of the holy places of Nepal where frequent Buddhist and Hindus pilgrims visit to worship particularly during the full moon in August. It is supposed that Gosainkunda Lake is created by Lord Shiva to snuff out the thirst after drinking down the poison that was horrifying the world. With a combination of fair and risky trails taking you to the elevated alpine ravine and surroundings of high snowy mountains as well as the forest of rhododendrons, magnolia, and wild alpine plants will allow you witness the recollection of the entire trek.

we are organizing **Gosainkunda Trekking** which offers to cross high passes, splendid mountain sight, stunning **holy Lake Gosainkunda**, delightful Sherpa village, a big number of wild animals and plants and more magnetism that will make your trek a memorable experience. You will be staying either in a tent or guesthouse as per your desire while trekking. it is one of the full trekking routes in Langtang region

Trip Facts

Trip Duration	12
Trip Grade:	Moderate
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	4,380m.
Accommodation	Tea House
Group Size	1-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Syabrubesi-Sundarjal

Itinerary Details

Day 01 : Arrival in Kathmandu

Arrive Kathmandu. 1, 300m. meet the Airport and drive to Hotel over night Hotel in Kathmandu.

Day 02 : Kathmandu -Syabrubesi 1,460m. Approx 7-8 hours drive.

We start the day with an early morning drive after breakfast to Syabrubesi. the bus ride takes you on a winding route that goes uphill and downhill where the drive passes through many rural towns and farm villages that finally culminates at a larger town called Trisuli Bazaar; this place lies in a sub-tropical climatic zone where from here on, the road climbs uphill to a cooler region leaving the rice paddy fields behind to maize and millet terraced fields. As the weather changes, so does the culture and the people as well. On arrival at the entrance of Dhunche at 1,965m, this is the only major town of the Langtang area in this district known as Rasuwa. Hereabouts, you will encounter the headquarters of the Langtang National Park office where your trekking and Park permits are checked by the Royal Nepalese Army that also serve as the Park warden. From here, our journey continues farther downhill for 1-2 hours till Syabrubesi village is reached for our overnight camp.

Day 03 : Trek to lama Hotel 2530m. Approx. 5-6 hours.

The trek from Syabrubesi is quite pleasant with few up climbs for a while but the rest of the walk is gradual on the winding trail through the terraced farm fields and villages, as the trail descends and joins the path coming from upper Syabru at the Riverside Lodge near the place of Bamboo, an ideal spot for camping with ample time to go for a refreshing splash in the nearby river of upper Trisuli River.
Overnight camp

Day 04 : Trek to Langtang village 3,430m. Approx 3 hours walk.

After a pleasant stay here, the trek continues for a short hour on the trail to Langtang and its beautiful valley, we walk through the cool shade of the alpine wood for an hour, after a small stream leaving the tree line behind. The path leads uphill for an hour, then the walks get better on the gradual winding trail with few ups and down till the village of Langtang is reached by lunch time, here you'll have time to make friends & interact with the local folks and visit the colorful villages with a glimpse of Langtang

Himal peeping in the north on top of the great rock wall. over night Hotel.

Day 05 : Trek to Kyangin Gompa 3,850m. Approx 3-4 hours.

From Langtang village our morning walk leads through the gradual path for a short while, & then the path winds uphill for few hours through the prickly Burberry and high alpine shrubs, encountering a "mani-prayer wall" where walking in clockwise direction is the positive way of respecting the local culture and religion, as our walk goes further east the valley opens up and then walking on the grassy meadow with views of numerous snow capped peaks in the distance. The walk is more pleasant and can be vigorous due to altitude gain as we come to our destination at Kyangin Gompa. Kyangin Gompa, a scenic charming spot, with peaks looming around from all directions, the closest peak that you can see is the Langtang Lirung of over 7,000m and its icefall just at leisurely distance from the campsite, we stroll into Kyangin Gompa, a small monastery located on the top of the ridge formed by a glacial moraine of rocks and boulders, within Kyangin Gompa area there are 6-7 lodges and a cheese factory. It's an interesting place for a look around. Overnight Hotel.

Day 06 : A Day for rest & acclimatization at your leisure, for a footloose and fancy-free hike around.

At leisure, a well deserved rest day. After breakfast, you can go for a short walk at the nearby hill called Kyangin Ri 4,700m. Adding more heights to your adventure with a panoramic view of the surrounding snow capped peaks; visit the cheese factory with rest of the day at leisure. You could also catch up on some reading which is stimulating in such environments. Overnight camp.

Day 07 : Trek to Lama Hotel 2,470m. 6-7 hours walk.

After a wonderful time at Kyangin, our journey returns back on the same trail to Lama-Hotel, a small settlement in the midst of the forest at the banks of the upper Trisuli River. Overnight Hotel.

Day 08 : Trek to Upper Syabru 2,720m. 5-6 hours walk.

The trek today follows the same route for an hour, then after the bridge the walk is pleasant through the rain and bamboo forest, after leaving the river down below, the climb starts uphill through the landslide area of rocks and boulders, passing through farm terraces till upper Syabru is reached; rows of houses that look like a locomotive train perched on a ridge. Syabru has a monastery near its helipad just a few minutes up from the village. Overnight Hotel.

Day 09 : Trek to Singh Gompa / Chandanbari 3,250m 4-5 hours.

The walk from here follows the winding uphill trail above the Monastery, as the trek gains more height, superb views of Ganesh-Himal, Manaslu, Langtang and Annapurna range in the far west can be seen as we reach higher ground. after a few refreshing stops in the teahouses en-route, our journey continues an hour uphill from the farmlands into the cool shade of alpine forest, once out of the thick forest, we come to a meadow with one or two teahouses, a lunch break can be had here depending upon the availability of clean fresh water. From this spot the walk is almost gradual with good walking through the pines and rhododendron forest with views of Dhunche town down below. On arriving at Singh gompa, the first few

houses make up a cheese processing factory, & this is where we do our overnight Hotel .

Day 10 : Trek to Gosainkund 4,380m. 6 hours walk.

The trek today offers more spectacular views of an array of snow peak ranges that round of Lantang to the north and Ganesh-Himal range north west along with Manaslu and Annapurna range due west, the walk is gradually up in the beginning for an hour, as we enter the woodland of oaks, pines and rhododendron after being in the cool shade of the forest, we come to a clearing where one or two teahouses are located, after a brief stop here with exceptional views of the Langtang range, the trail continues uphill leaving the tree-lines and lush vegetation behind for dwarf rhododendron, juniper and alpine shrub bushes. The walk climbs uphill passing through a few teahouses at Laurabina, with more views of the north western Himalayan range, after Laurabina, which means a place of walking sticks, which means during the auspicious times in and around August in the full moon as per the Nepali Luna calendar, pilgrims come to pay homage and where a ritual bath at Gosainkund pond delivers a paradise for pilgrims to drink of its holy water for which the legend says it relinquishes the sins of a hundred lifetimes and the Hindu pilgrims come here to change their holy threads, too.

Day 11 : Trek to Ghopte Odar 3, 430m via Laurabina-La & Bhanjyang 4,610m.

From Gosainkund, we take a gradual walk on a small path along the banks of the lake, and climbing up near the small creek in between the rocks and boulders, the walk up brings us close to the small pond of Surjakund & then the trail here is more gradual winding up to the last pass of Gosainkund or the east Laurabina La, the highest spot of this trek. After reaching the top, a long descent brings us to Phedi (bottom) 3,630m a place with one or two teahouses. A lunch stop is usually set here; it will be quite a relief after the long steep hard descent. After a nice lunch break, the journey continues towards east to the Helambu region, where the trail from here is bit of everything gradual, some short up hills and down hills as you come back to the vegetation of junipers, rhododendron and other alpine bushes. 3-4 hours from lunch will bring us at Ghopte (meaning overhanging rocks, nature's gift of a cozy shelter for pilgrims) around this area there are few small caves formed by overhanging large rocks. over night Hotel or call tea house.

Day 12 : Trek to Kutansang 3,220m 5-6 hrs walk.

After spending some good time in the absolute wilderness, the trail from here joins the other path of Helambu to Kathmandu, the walk today is pleasant through the alpine forest for an hour, with another one hour uphill to Tharepatti 3,510m. A lovely spot on the high ridge overlooking the views of the snow capped peaks of Jugal Himalayan range in the east and Ganesh-Manaslu in the west; we can make out the ridge and the trail coming out of Gosainkund. A lunch break can be had here after a short walk from Ghopte; it's worth a view with the lunch. From here on, the trail descends for a few hours to the overnight camp at Mange-ghot, a nice place with a grassy field, & an Army Barrack nearby.

Day 13 : Trek to Chisopani Hill 2,195m approx. 5 hours.

The walk from here is more satisfying passing through number of rural farm villages the trail brings us to a village of Pati Bhanjyang after a 3-4 hours trek; from this village a short uphill climb brings us to the overnight stop at Chisopani danda, a scenic spot at the top of a hillock en-route to Kathmandu and to

other places at the rim of Kathmandu Valley. Chisopani, a scenic viewpoint with 4-6 teahouses and an Army Camp nearby, this places offers fantastic views of the Jugal Himal range in the north east and Ganesh Himal-Manaslu and Annapurna range in the west. Apart from the glistening snow peaks, we get lovely views of the surrounding landscapes and valleys down below. Overnight tea house.

Day 14 : Trek to Sundarijal 1,380m. An hour of driving back to Kathmandu

The last day of our beautiful journey, with the cool morning that takes us through serene forest and farmlands after a few hours of gradual walk and to the top of the ridge of Burlang and Chepu Bhanjyang at 2,438m, we are again offered great views of Kathmandu Valley, & from here the track descends to Sundarijal (meaning beautiful water) a lovely spot with a cool patch of forest with monkeys and fresh streams, a popular picnic spot for most of the Kathmandu folks who want to escape for a day from the busy crowded metropolitan life in the city.

Day 15 : Transfer to the Airport for your International departure.

Today, as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our Tour Officer will escort you to the airport for your final departure from this wonderful country, Nepal. Sayonara!! And take care. It was wonderful knowing you!

Cost Includes

- Pickup and drop international airport in Kathmandu.
- Kathmandu To Sabru Beshi – Sundarijal Kathmandu via bus.
- Two-night accommodation with breakfast in Kathmandu Hotel.
- All meals (3 meals each day) tea-house trek.
- An experience Guide {trained by Ministry of tourism}, porters {generally 1 porter for 2 pax }
- Food, drinks, accommodation, insurance, salary, equipment, transportation.
- Langtang Area National Park entry permits.
- TIMS (Trekking Information Management) fee.
- Necessary government taxes.

Cost Excludes

- International flights to Nepal.
- Meals not mentioned above or in the itinerary.
- Travel and medical insurance including evacuation.
- Nepal entry Visa fee.
- Expenses of personal nature such as laundry, bar bill, telephone calls etc and tips for staff.
- Any additional activities not in the itinerary.
- Tips Guide or Porters.