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Langtang Gosaikunda Trek is a good option for all trekkers, especially for those who want to explore medium-sized trek. Langtang Gosaikunda Trekking takes you into an attractive Langtang valley, which is encircled by many blue colored lakes. All people are Tamang, the ethnic group of this area. We can explore their culture and way of life. The Langtang Gosaikunda Trek is not only about mountain lakes, but also a joyful trek that includes the Langtang National Park and many other ethnic settlement towns. Langtang National Park is a park of natural splendor. Below are the main highlights of the trek

- ❖ Sightseeing tour to the UNESCO World Heritage Site in Kathmandu
- ❖ Magnificent view of mount Langtang, Manaslu, Annapurna, Ganesh Himal Etc.
- ❖ Visit monasteries in Shin Gompa and Kyanjin Gompa
- ❖ Trek through dense alpine forests and rhododendrons
- ❖ Discover the culture and tradition of Tamang, Sherpa and other ethnic people
- ❖ Reach Tsergo Ri, the highest point of the trek, and enjoy exceptional mountain views
- ❖ Visit the majestic Gosaikunda Lake, which is a famous religious place of pilgrimage.
- ❖ Opportunity to observe the diverse flora and fauna in the Langtang National Park

## About Langtang Gosaikunda Trek

Langtang Gosaikunda Trek is located in a remote and picturesque valley in the Langtang region. It offers diverse landscapes, wild animals, jungles, lakes, high snow-capped mountains, low river valleys, and culture, etc., it will always surprise

you. The communities of Sherpa and Tamang inhabit this region. Lake Gosainkunda is one of the most famous religious sites in Nepal for Hindu pilgrims. Langtang region also has many unique Buddhist festivals. Langtang Gosainkunda Trek is also a jewel for cultural explorations.

There are many snow-capped mountains and rainforests in the Langtang National Park. Viewpoints like Tsergo Ri offer an excellent view of Langtang Lirung, Ghangchhempo, Yala Peak, Morimoto Peak, Pogen Dhopku, and much more. In addition to these mountains, you can see Ganesh Himal, Manaslu, and Annapurna along the way is one of the fantastic views. In addition to landscapes and lakes, you can also explore wild animals in their natural habitats. You will come to several incredible viewpoints from where you can enjoy the beautiful view of the surroundings.

## **Details Itinerary**

### **Day 01: Arrival in Kathmandu (1,400 m.)**

When you arrive at Tribhuvan International Airport in Kathmandu, you will be met by a representative from our office who will take you to your reserved hotel. After check-in at a hotel, you will receive rest. The representative of our office will host the briefing session about your tour and trekking. In the evening, you can stroll through the city and try out what it has to offer. Thamel is a tourist center where you can get at least one activity that you may enjoy. You will spend the night in three-star deluxe hotels.

Meals included: None

### **Day 02: Sightseeing trip around Kathmandu and Trekking Preparation.**

Have breakfast in the early morning and set off to explore the city of Kathmandu. On this day, you visit 4 of the UNESCO World Heritage Sites. Our private vehicle will pick you up from your hotel and take you to these historical sites such as Swayambhunath Stupa, Kathmandu Durbar Square, Boudhanath Stupa, and Pasupatinath Temple. You can also visit the Pokharis, the temples, and many other monuments. You can also buy the essentials for trekking.

Meals included: Breakfast

**Day 03: Drive to Syabrubesi from Kathmandu: 7-8 hours**

Early Morning, you will have breakfast at the hotel and drive to Syabrubesi, a town that also serves as a starting point for the trek in the Langtang Valley. You have a panoramic Journey of almost 8-9 hours along the banks of the Trishuli River between the landscapes covered with green forests to get there. You will enjoy these beautiful river valleys, views, and mountains along the way. You drive through many picturesque cities. On the way, you get the beautiful panorama of the mountain range. When you arrive in Syabrubesi, spend the night in a tea house.

Meals included: Breakfast, lunch, and dinner

**Day 04: Trekking from Syabrubesi to Hotel Lama: walking distance 5-6 hours.**

After having breakfast, you will start your trip to Syabrubesi along the Langtang Khola. You climb and descend through oak and rhododendron forests at the same time. After crossing a bridge over Langtang Khola, you climb a steep path that leads us to the Lama Hotel. Night stay at the Lama Hotel.

Meals included: Breakfast, lunch, and dinner

**Day 05: Trek from Lama Hotel to Mundu through the Langtang village: 6-7 hours**

You will continue to ascend from the Lama Hotel and enjoy the mountain landscape with numerous waterfalls. When you reach to Ghoda Tabela, you can see beautiful white peaks of the Mount Langtang. Our path continues through the wide valley and past temporary settlements that are used by shepherds. You passed a Buddhist monastery before you reach Langtang Village, which was affected by the April 2015 earthquake. You made your way to Mundu. Night stay in Mundu.

Meals included: Breakfast, lunch, and dinner

**Day 06: Mundu to Kyangjin Gompa: walking distance 4-5 hours**

After breakfast, you make your way to Kyangjin Gomba, a main monastery in the region. You passed water mills, prayer wheels, and choruses with holy rocky hills with inscriptions. You also gave the most giant mani wall in Nepal. After a short walking, you'll spend the rest time visiting the Buddhist shrine in with magnificent mountain views. There you spend the night in a tea house.

Meals included: Breakfast, lunch, and dinner

### **Day 07: Acclimatization: Explore Tserko Ri: walking distance 7-8 hours**

You spend the whole day exploring Tserko Ri, which also helps us get used to the altitude. You start early in the morning. The path leads through yak grasslands before climbing to Tserko Ri. The view of the sunrise from the top of Tserko Ri is exceptional. You can enjoy incredible mountain views such as Langtang Lirung, Yala Peak, Ghangchhempo, Pogen Dhopku, Morimoto Peak, etc. In the late afternoon, you return to Kyangjin Gomba and explore the beautiful monastery while enjoying the view of the Himalayas, the glaciers, birds, and yaks. You stay here.

Meals included: Breakfast, lunch, and dinner

### **Day 08: Trek from Kyangjin Gomba to Lama Hotel: walking distance 6-7 hours**

After exploring the beautiful city of Kyanjin Gomba, return to Lama Hotel in the same way. You can enjoy the panoramic view of the mountains, the green forest, and the landscapes along the way. You walk along the Langtang Khola through many Tamang settlements. You will stay at the Lama Hotel.

Meals included: Breakfast, lunch, and dinner

### **Day 09: Lama Hotel to Thulo Syabru: Walking Distance 5-6 hours**

You climb a few hours to reach Rimche; then, it goes downhill to the Langtang River. Then follow an almost flat terrain to reach bamboo. You cross a bridge and climb up to reach Thulo Syabru, which passes villages and waterfalls. You will spend the night in a tea house in Thulo Syabru.

Meals included: Breakfast, lunch, and dinner

### **Day 10: Trek from Thulo Syabru to Shin Gompa: Walking Distance 3-4 hours**

You will go uphill to reach Shin Gompa. The path is covered with rhododendron forest. It takes almost four hours to be there. On the way, you will come across a cheese dairy where you can try the cheese. You walk through villages such as Garta and the Phulung Monastery. You will spend the night in a tea house in Shin Gompa.

Meals included: Breakfast, lunch, and dinner

### **Day 11: Trek from Shin Gompa to Gosaikunda: walking distance 5-6 hours**

After breakfast at Shin Gompa, trek to Gosainkunda. You go uphill to reach Laure Bina. You can enjoy the spectacular view of mountains like Annapurna, Hiunchuli, Manaslu, Ganesh and Langtang, and the Tibetan plateau. You follow a ridge almost all day and take a look at the first of the sacred lakes. The third lake in Gosaikunda has an exclusive spiritual and cultural connotation for Nepalese. It is one of the most important places of pilgrimage in Nepal. The lake is surrounded by mountains on almost all sides and accompanied by nine other lakes. Each year during Janai Purnima in August, hundreds of Hindu pilgrims visit the lake for a sacred bath. The large rock remains as the Shiva Shrine in the middle of the lake. Night stay in Gosaikunda.

Meals included: Breakfast, lunch, and dinner

### **Day 12: Trek from Gosaikunda to Ghopte: Walking Distance 6-8 hours**

You leave for Ghopte of Gosainkunda on the 12th of your trekking trip. First, get on the path to cross the Laurebina La Pass. It is the highest elevation you will reach during the hike. From the pass, you have a breathtaking view of the mountains and the surrounding landscapes. You will walk down the rocky path from the pass to reach Ghopte. Green forests cover the trail. It takes about 3 hours to get to the city of Ghopte. On the way, you come across small lakes. Night stay in ghopte.

Meals included: Breakfast, lunch, and dinner

### **Day 13: Trekking from Ghopte to Mangengoth: Walking Distance 3-4 hours**

You have breakfast in Ghopte and head towards Mangengoth. You will go down the ridge covered with rhododendron forests. If you walk a few hours, you will reach Tharepati. You can rest there for a while. You then descend the path to reach Mangengoth. You can observe the stunning Helambu Valley and the beautiful mountain range along the way. You will spend the night in a tea house in Mangengoth.

Meals included: Breakfast, lunch, and dinner

### **Day 14: Trekking from Mangengoth to Gulphu Bhanjyang: Walking Distance 5-6 hours**

After breakfast in Mangengoth, head towards Golphu Bhanjyang. You walk along the forest-covered path. It is considered a relatively easy way. On the way, you get a beautiful view of the mountains and the surrounding landscapes. If you walk a few hours, you will reach Kutumasang, where you will cross a pass. Then continue down to Gulphu Bhanjuang Village. You can take a look at the Mount Annapurna and Manaslu from here.

Meals included: Breakfast, lunch, and dinner

### **Day 15: Trekking from Gulphu Bhanjyang to Chisapani Walking Distance 6-7 hours**

You walk the path to reach Pati Bhanjyang from Gulphu Bhanjyang. When you cross Pati Bhanjyang, keep descending and then climbing up to reach the beautiful village of Chisapani. It is an ideal vantage point for viewing the surrounding landscape and the Himalayas. It is also one of the most popular short trekking destinations. You can visit the Hindu temple in Chisapani. There you spend the night in a tea house.

Meals included: Breakfast, lunch, and dinner

### **Day 16: Trekking from Chisapani to Sundarijal and drive to Kathmandu**

You have breakfast in Chisapani and drive to Sundarijal. You will go down the smooth path covered with green forests. You drive through beautiful rice fields and villages to Sundarijal. The arrival takes 3-4 hours. From Sundarijal, you drive to Kathmandu. You can spend the rest of the day walking through the streets of Thamel and nearby places, buying souvenirs and handicrafts, exploring restaurants and cafes, etc. You will stay in a 3-star deluxe hotel in Kathmandu.

Meals included: Breakfast

### **Day 17: Final departure**

Your trip ends here. You take you to the airport for your connecting flight to the next destination and wish you goodbye. However, if you decide to stay in Nepal or travel to another destination, you can let us know. We are delighted to assist you with another trip.

Meals included: Breakfast

### **THE COSTS INCLUDE:**

- ❖ Collection and return from the airport and hotel
- ❖ A three-star hotel in Kathmandu and Lodge during the trek
- ❖ Breakfast in Kathmandu and all meals during the walk.
- ❖ Transport in a private luxury vehicle.
- ❖ English speaking, Experience and license holder trekking guide
- ❖ Potter service fees during the trip
- ❖ All tour fees, including entrance fees for temples, monuments, and national parks
- ❖ All necessary documents and permits
- ❖ Necessary taxes and service charges

### **CLOSE THE COSTS:**

- ❖ Nepal entry visa fee
- ❖ International air ticket cost to and from Kathmandu

- ❖ Lunch and dinner in Kathmandu
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, charging the battery, etc.)
- ❖ Tips for guides and porters

### **Important note**

Your safety is of paramount importance when traveling with us. Your leader is authorized to change or cancel part of the itinerary if this is considered necessary for safety reasons. Every effort is made to adhere to the above plan. However, since this adventure involves traveling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, the health of a group member, unexpected natural disasters, etc. can contribute to changes in the itinerary. The leader will try to ensure that the trip goes according to plan, but is ready to be flexible if necessary.

### **Food and accommodation**

During your trip, you will live in teahouses run by locals. These tea houses offer essential services. They may not be deluxe, but hospitality is always cheering. Staying in these tea houses is also an opportunity to explore the culture, tradition, and lifestyle of the people who live in these areas. Food such as Dal Bhat, pasta, noodles, potatoes, vegetables, cereals, eggs, rice, soup, etc. are available.

During your stay in Kathmandu, you will stay in a three-star deluxe hotel with breakfast. For lunch and dinner, you can explore the city's various restaurants according to your choice.

### **Climate and best season for hiking**

The spring and autumn season is considered the best time for Langtang Gosainkunda Trek, as the weather and temperature are calm and constant during these seasons. The spring months offer the blooming of rhododendrons and many seasonal flowers. Fall is also one of the best times to explore and enjoy various Nepalese festivals like Dashain and Tihar.



Winter and summer are less suitable compared to spring and autumn. In winter, the temperature level drops below freezing, making walking to higher regions less pleasant. The days are cold, followed by episodes of snowfall and blizzards. Summer also comes with heavy rains and unpredictable weather. With the right gears, however, you can walk into the Langtang Gosainkunda region all year round.

### **How challenging is this trek**

Langtang Gosainkunda Trek is considered strenuous trekking. On this trek, you have to walk 7/8 hours a day at an altitude of over 3,000 meters. You have to walk on the flat and steep paths. The temperature during strenuous walks can be up to -15 degrees Celsius. Trekking in cold weather and for such a long period requires functional fitness. You also need a certain level of mental harshness to complete this journey.

### **Proposed preparation**

- ❖ Cardiovascular exercises such as running, cycling, jogging, push-ups for approx. 4-5 days a week for three months before your trip are conducive.
- ❖ You should also participate in developing core strength and muscle endurance during strength training.
- ❖ A walk on the hills in different weather conditions is proper preparation for this trip.
- ❖ If you have access, kayaking and swimming can be a handy way to develop the strength and stamina required for this trip.

### **Travel insurance**

Travel insurance for each itinerary of our agency is a prerequisite for booking a holiday. You should have at least emergency and repatriation insurance, which must include the cost of the mountain service. Read the conditions of your guarantees, in particular carefully, make sure that the following are included: 1) activity (i.e., hiking, trekking or climbing) 2) the maximum altitude reached on Trek 3) evacuation of the helicopter in case of emergency. You must understand that you are ultimately responsible for all costs associated with evacuation and

return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that, in certain circumstances, the head of our company may undertake the rescue of helicopters (or other necessary means) in case of an emergency without first seeking approval from your insurance company.

### **Trekking guides and other staff arrangements**

The most important thing that makes your Langtang, Gosainkunda, and Helambu trek successful, entertaining, and unforgettable are the knowledgeable, experienced, polite, and helpful trekking guides and crew members who can easily spend your days in the mountains. The best and most professional leaders lead your journey. All of our trekking guides are carefully selected based on their experience, leadership skills, and personal talent. To support local communities, we only employ Nepalese personnel who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of Nepal.