



Langtang Gosaikunda Trek (12 Days)

LANGTANG & HELAMBU REGION

12 Days

DURATION

Hard

DIFFICULTY

USD \$455

FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

TRIP HIGHLIGHTS

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OVERVIEW

The Langtang Gosaikunda Trek is a popular trekking route in Nepal that typically takes around 12 days to complete. The queen of landscape, several undiscovered mystical land that has Tibetan influenced at langtang region which is quite less crowded rather than exploring other parts of trekking route in Nepal. Specially, Gosikunda is recognized as holy destination where large amount of Buddhist as well as Hindu society used to visit since centuries in the context of spiritual journey at the altitude of 4320 m. till, now it is followed by our ancestors.

Passing through the langtang national park and admirable small villages, farmland and all water passes through gorgeous natural spring water and bathing in Gosaikunda Lake that increase your inner being and purified zeal. In additional, warm welcoming hospitality of local tribes, prosperous cultural diversity, their iconic lifestyle, glamorous scenario along with rich wildlife is just outstanding. Here the combination of all elements resulted as impressive trip that you get rid of hang-ups where you fell next incarnation.

The initial point of Gosainkunda route is Syabrubesi, driving from Kathmandu then crossing by fascinating Tamang and Sherpa community with dazzling mountains ascending toward Lauribinayak Pass (4609m) via typical villages i.e. going around Helambu region (3650m). After that, ending from Chisopani (200m) to Kathmandu by bus.

Ultimately, this journey never let you forget in your lifespan.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in Kathmandu

Our representative will welcome and pick you up at Tribhuvan International Airport, Kathmandu upon arrival. Our representative will transfer you to the hotel. You will have free time to relax or explore the nearby areas for which we will provide you with proper information and advice as well. In the evening we will brief you about your upcoming trek

DAY 2 Kathamndu (1300m) to Sabrubesi (1470 m)

Meals: Lunch and Dinner

On the first day, the journey from Kathmandu to Sabrubesi (1470 meters) we will provide you a private vehicles till sabrubesi. During the journey, one gets to see the views of the Trishuli River and the Trishuli Valley as well as mountain views in some plains. Before reaching Sabrubesi, the entrance to the Langtang Valley, one has to proceed by checking our entry permit at Dhunche. The journey from Kathmandu to Sabrubesi takes about 7-8 hours. Food: Lunch and Dinner. The House: The House

DAY 3 Sabrubesi (1470m) to Lama Hotel (2,400m)

Meals: Breakfast, lunch and dinner

From Sabrubesi, to Lama Hotel (2,400 m) the journey continues through Sabrubesi. In that order, dense forests of bamboo and rhododendron can be seen. At times during the journey one also gets to see the possible sight of langur monkey (big moneky) and red panda. After a walk of 5-6 hours through Bamboo and Rimche, one slowly reaches the Lama Hotel. Food: Breakfast, lunch and dinner The House: The House

DAY 4 Lama Hotel (2,400m) to Langtang Village (3,450m)

Meals: Breakfast, lunch and dinner

Early morning walk from Lama Hotel to Langtang Village (3,450 m) continues through Lama Hotel, during which the first view of Mt.Langtang Lirung is seen from close up. Following the traditional Tamang settlements, during the the trek we cross through Ghodetabela. The valley opens with yak pastures and prayer flags then reaches Langtang village, which was rebuilt after the 2015 massive earthquake. There was a huge human loss in the village that time. The journey from Lama Hotel to Langtang takes 5-6 hours. Food: Breakfast, lunch and dinner The House: The House

DAY 5 Langtang Village (3,450m) to Kyanjin Gompa (3,870m)

Meals: Breakfast, lunch and dinner

From Langtang village, the photos are taken in the early morning at Kyanjin Gompa (3,870 m), an important place in the area, from where the views of the mountains and the wide Himalayan valley can be seen in front of the eyes. During the journey, a relatively short and scenic walk through ancient Buddhist monasteries, yaks, pastures and small hamlets leads to the Kyanjin Gompa in the afternoon. There is also an old cheese factory established by the Government of Nepal. In about 4-5 hours walk we reach Kanjin Gompa. Food: Breakfast, lunch and dinner The House: The House

DAY 6 Kyanjin Gompa (3,870m) to Lama Hotel (2,400m)

Meals: lunch

Early in the morning we will hike to Kyanjin-Ri (4,773m/15,659ft) to see the spectacular view of langtang mountain range and others mountain and after spending around 15 minutes, we will get down to Kyanjin Gompa (3,870m) and continues to trek down to Lamma Hotel on that day we will travel to the Lama Hotel. It takes around 6-7 hour to get lama hotel. There will be an afternoon break at Ghoda Tabela for lunch, till then we can explore with views of the Langtang Valley landing. Food: Breakfast, lunch and dinner The House: The House

DAY 7 **Lama Hotel (2,400m) to Thulo Sabru (2,210m)**

Meals: Breakfast, lunch and dinner

The journey from Lama Hotel to Thulo Sabru (2,210 m) Lama Hotel proceeds, then descends the Langtang Valley, climbs through the dense forest to reach the village of Tamang in Thulo Sabru. The environment here is thickly inhabited by the Tamang caste, so their culture has special significance. Thulo Shabru is reached after a walk of about 5-6 hours from lama hotel. Food: Breakfast, lunch and dinner The House: The House

DAY 8 **Thulo Sabru (2,210 m) to Shin Gompa (3,330m)**

Meals: Breakfast, lunch and dinner

From Thulo Sabru, start at Shin Gompa (3,330 m) and proceed through the rhododendron forest. Sing Guma is reached after a walk of about 4-5 hours. There is an old monastery which is known as Sing Gumpa. While passing through a completely forested path the way to the top reaches Sing Gompa or (Chandanbari) by walking continuously. Relax in Chandanbari while enjoying the panoramic mountain views full of scenic natural beauty. Food: Breakfast, lunch and dinner The House: The House

DAY 9 **Shin Gompa (3,330m) to Gosaikunda (4,380 m)**

Meals: lunch

From Shin Gompa, continue uphill till Gosaikunda (4,380 m) its known as Holi lake, on the way explore the dramatic high-altitude landscape, have lunch at Lahure Binayak and cross the rocky terrain again. Today's stay will be close to the sacred lakes of Gosaikunda, sacred to Hindus and Buddhists. Lvov is reached at the designated place after a walk of 6-7 hours. Food: Breakfast, lunch and dinner The House: The House

DAY 10 **Gosaikunda (4,380 m) to Gopte (3,530m)**

Meals: Breakfast, lunch and dinner

From Gosaikunda to Lauribina Pass (4,610 m) to Gopte (3,530 m), this day is one of the highest point crossings of the high trek till date. Crossing the height of 4,610 meters, the journey will have to reach a place called Ghopte through the downstep road. After 6-7 hours of trekking through the stunning Himalayan scenery. Food: Breakfast, lunch and dinner The House: The House

DAY 11 **Ghopte (3,530m) to Kutumsang (2,470 m),**

Meals: Breakfast, lunch and dinner

From Ghopte (3,530m) to Kutumsang (2,470 m), it will be a bit more of a walk today as the trail is longer than usual, but much easier. Crossing forest areas and quiet trails. Before reaching Kutumsang, one has to descend through the rhododendron and pine forests through Tharepati. Kutumsang can be reached after a walk of 6-7 hours. Food: Breakfast, lunch and dinner The House: The House

DAY 12 **Kutumsang (2,470m) to Chisapani (2,165 m)**

Meals: Breakfast, lunch and dinner

From Kutumsang to Chisapani (2,165 m) the day should descend through the villages and forest routes of the Tamang tribes. Which are called Helambu villages. The view of the sunset over the Himalayas is breathtaking. From Chisapani, one gets a chance to capture the panoramic views of Langtang and Ganesh Himal. Chisapani is reached after 5-6 hours of trekking. Food: Breakfast, lunch and dinner The House: The House

DAY 13 Chisapani (2,165 m to kathamdu (1300m) via Sundarijal

Meals: Breakfast and Lunch

The journey will start from Chisapani towards Shivapuri National Park, passing through the Sundarijal and Kathmandu inside the forest trails. The journey will be the last walk through the Shivapuri National Park to Sundarijal, after which it will reach Kathmandu by Jeep or private car. The tour will end in 5-6 hours and you will be transferred to your hotel. Food: Breakfast and Lunch.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation with breakfast (room with attached bathroom) in Kathmandu
- + Accommodation during the trek

Meals

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek

Guide & Porter Services

- + Government-licensed trek guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guides and porters costs – meals, insurance, salary, lodging, transportation, and other necessary equipment

Permits & Taxes

- + Langtang National Park entry fee
- + Trekkers Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency

- + Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)