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Langtang Gosainkunda Trek



To experience a walk in to the High Himalaya as close distance from the capital of Nepal, the tibetan sherpa culture, encounter with Yaks and wild animal, a pleasent national park, Holly Gosainkunda Lake & the stunning view of Langtang himal that is one of the most popular trekking trail in Nepal. The highest point of this trek are Tsergo Ri at 4984m , Lauribina la (4610m)and the Gosainkunad lake at 4300m.

Trip Itinerary:

Langtang Gosainkunda Trek:

Day 01. Arrival in Kathmandu(1340m), the capital of Himalaya Nepal then transfer to Hotel.Short briefing on trekking program.

Day 02. Kathmandu valley sightseeing tours
The Sightseeing tour mainly goes to the world heritage sights and monuments places at Boudhanath Stupa, Pashupatinath Temple and Swayambhunath stupa.Overnight at

Hotel.[Breakfast]

Day 03 : Kathmandu to Sybrubensi (1467m):
Drive about 8 hrs by Bus.Overnight at Hotel. We stop for the lunch break time to time. You will see the Trisuli river,Hydropower station, farm fields and typical sherpa houses.Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 04. Sybrubensi to Lama Hotel (2380 m):

Follow the Langtang khola until you get the Lama hotel. Walk through forest and ascend for about 1hr. to reach Pairo Tea shop .Gradually ascend through Bamboo & Old Oak Trees up to Bombu Village (1850 m.).Then steeply walk 2hrs to reach Lama Hotel and overnight. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 05. Lama Hotel to Langtang (34300 m):

Trek forward through Rhododendron and Pine forest for about 3 hrs. and reach GhodaTabela then walk for another two hours and reach Langtang (biggest village of the area) inhabited by Buddhist Tamangs and Tibetans. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 06. Langtang to Kyanging Gompa (3870 m):

Trek for 3 hrs. through the trail and reaches Kyanging Gompa where you can see local cheese factory and beautiful mountains from Yala peak, excursion spot. Dorja Himal, Langtang Ri , & Langtang Lirung can be seen very close to you. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 07. Activities in around KyanginGompa:

Explore Teso-Ri (4984m) peak and day hike around this valley. Go to A famous cheese Factory which was started by the help of Swiss Association for technical assistance in 1995. Langtang Glacier may surely attract if you can walk up on the north of Gompa. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 08. Trek Kyanging Gompa to Lama Hotel: back same way down to LamaHotel. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 09.Trek Lama Hotel to Shyabru Village:

Trek back by same until Pairo Shop. Then you have to walk up 2hrs to the Kharaka shop and next Tibetan and Lamas tradition village welcome you. The African millet and Buckwheat & potato are main productions. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 10. Shyabru Village to Sing Gompa (3254 m):

Trek upwards through the forest of Fir and Rhododendron. The only of human habitations are the shepherd's occasional huts.Overnight at Lodge. [Breakfast, Lunch, Dinner]



Day 11. Sing Gompa to GosainKund Lake(4300 m):

A steep rugged trail but adequately compensated by dramatic views of Himal Chuli, Manaslu, Ganesh Himal and possibly Annapurna Range in the west; the beautiful valley of Langtang Lirung in the north. Passing a few huts in the high pasture of Lauribina and crossing a small ridge, have the first look of about a dozen holy lakes; Saraswotikund, Bhairavkund and Gosaikund are the main holy lakes among them.Overnight at Lodge. [Breakfast, Lunch, Dinner]



Day 12.Trek GosainKund Lake to Ghopte (3566 m) 7hrs:

Continue the trek over rugged trails and pass several smaller lakes then descend along a ridge to the tree line. Continue to descend to reach Ghopte through Juniper, Rhododendron forests, beautiful watarfalls and rest overnight at Ghopte. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 13. Ghopte to Malemchigaon (2560m):

Walk up to Tharepati Danda on a windy ridge at 3460 m from where you can view the hilly terrain. Then descend to a stream & traverse to a Chorten & a pasture, the first sign of Civilization since Tharepati. After a gentle decent through a forest of huge, gnarled rhododendrons, the trails makes a steep, rough decent to the Upper reaches of the Chhyadi Khola.Cross this Khola on a suspension bridge, then makes a short final Climb to reach the prosperous Sherpa Village of Malemchigaon & overnight here. This is a large village with extensive fields of Barley, corn and potatoes. A famous Gompa is brightly painted walls and statues of Guru Rinpoche & his consorts as well as Sakyamuni and Chenrising. Overnight at Lodge.[Breakfast, Lunch, Dinner]



Day 14. Walk 2/3 hrs down to Timbu (1580m) where you can get Bus to drive Kathmandu. Drive to Kathmandu by local bus with experience of Nepali people and along this highway you can enjoy to see the green fields and different landscape, some kilometer off beaten track then you soon get the fine road to head the Kathmandu valley. Overnight in Kathmandu Hotel.Your Trekking ends.[Breakfast, Lunch]

Day 15. Rest day/ last shooping day in Kathmandu. Overnight at Hotel.[Breakfast]

Day 16: Fly back to your home country or you can extend the tour ! May you interest in going to Chitwan National park for wildlife safari for 2-4 nights.Or an adventure activities like River Rafting, Paragliding,Bungyjumping. [Breakfast]

Want to see Langtang GosainkundaTrekking in Pictures? Please visit here at: *The Langtang Gosainkunda Lake Trekking Images*.

IMPORTANT NOTE: Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather

conditions, availability of porters and the health of team members can all contribute to changes. The guides and their Sherpa assistants will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Cost Details:

Full Package cost for Langtang Gosainkunda Trekking

Group Size: minimum 2 People

Per Person : Euro 1150 Equivalent to Dollar

5 Above person group

Per Person: Euro 1040 Equivalent to Dollar

Cost Includes:

1. 4 night's hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit ,TIMS ,
4. Meals: 14x Breakfast, 12 x Lunch, 12 x dinner during the trek . Tea/coffee Share basis.
5. One experience trekking guide 1 porter for 2 trekker (each member 13KG)
6. Langtang National park permit Fee
7. Life, Medical Insurance for Guide & Porter
8. All accommodation during the trek best available hotel/guesthouses
9. Our service charge

Cost Excludes:

1. Personal equipment for trekking
2. Personal Insurance for travel to Nepal
3. Lunch & dinner in Kathmandu
3. Emergency Rescue evacuation during the trek incase needed
4. Personal expenses
5. Tipping (Tips) for guide & porter
6. Bar bills, Beverage and mineral water,cold drinks/juice during the trek.
7. The cost not mentioned in cost includes

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