# LANGTANG GOSAINKUNDA TREK



Trip Overview

This trek is a great combination of great mountain views and wonderful cultural experiences. We walk through Tamang villages with strong Tibetan cultural links and eventually reach Gosainkunda, the lake, which lies spectacularly at 4200m. We pass through fields of beautiful wildflowers such as daisies and primulas and see yaks leisurely grazing. With good reason, the Langtang River valley is called “the valley of glaciers”. On either side of the valley that we walk through, majestic mountains rise, soaring to the sky. Early in the walk, it is peaceful t to walk through Pine, Rhododendron, and Oak forests, and refreshing to pass slow-moving rivers and swift mountain streams. However, other moods of the mountains are evident in the rugged rocks and snow-capped peaks that surround us and it is not uncommon to see avalanches thundering down in the distance above us. As we ascend, we pass snow bridges across surging waters, high passes enveloped in mist, and stunning lakes like bright turquoise.

Gosainkunda is regarded as a holy lake in Hinduism, and the view of the lakes dotting the mountain is really special. A number of devout visitors come for the annual summer pilgrimage in August but very few outside that time. This particular trek takes in paths that usually become impassable in Winter.

Being a shorter trek, this is good for those with less time in Nepal or those who want to combine the trek with another trip to Pokhara, Chitwan, or one of the bird sanctuaries. All these can be arranged here at the Himalayan Sunrise. As with most

of our treks, you only need to carry your day pack only and can walk at your own pace. Most days will involve 5-7 hours of walking.

Trip Itinerary

- Day 01 - Drive to Syabru bensi (1450m)
- Day 02 - Trek to Lama Hotel (2480m)
- Day 03 - Langtang (3514m)
- Day 04 - Kyanjing Gumba (3900m)
- Day 05 - Day trip to Tserko Ri (4980m), night at Kyanjing Gumba (3900m)
- Day 06 - Lama Hotel (2480m)
- Day 07 - Thulo Syabru (2200m)
- Day 08 - Sing Gumba (3580m)
- Day 09 - Gosaikunda (4380m)
- Day 10 - Dhunche (1950m)
- Day 11 - Drive to Kathmandu (1350m)

Cost Includes & Excludes
Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
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- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Excess baggage charge (beyond 12 Kg each)
- visas