

# Langtang Gosainkunda Trek



**Cost per person: \$750**

## Description

Gosainkunda Langtang Trek is one of the most popular tourist attractions in the Langtang National Park. It's situated in the northeast part of central Nepal, close to Kathmandu. In fact, it is visible from Kathmandu Valley.

This trek lets you experience deep gorges, rocky terrain, pine forests, yak pastures, insight into Buddhist religious practices, mystical monasteries, picturesque villages, hillside terraces, serene valleys, and breathtaking glaciers originating from high mountains. The trial also takes us to the sacred Gosainkunda (4,380m / 14,620ft), an alpine freshwater lake high up in the mountains of the Rasuwa.

This trek begins with a drive along the Trishuli River, which heads north from Kathmandu through Trishuli Bazaar and Dhunche and finally to Syabrubesi.

We start the trek from Syabrubesi, a Tamang village by the banks of the Bhote Koshi River. The trek will follow the Langtang River until we reach Lama Hotel for the night. The next day we will trek from Lama Hotel to Langtang Village, a large Tamang settlement. From Langtang Village, we head to Kyangin Gompa. We will rest at Kyangin Gompa for a day to acclimatize. While acclimatizing, you will have the option to visit the yak cheese factory, Tserko Ri Viewpoint, and Kyangin Gompa monastery.

Then we return to the Lama Hotel then continue trekking in the beautiful Langtang Valley to reach Gosainkunda, a revered pilgrimage for Buddhists and Hindus. The waters of Gosainkunda Lake are believed to have magical healing powers. But to reach Gosainkunda we trek from Lama Hotel to Thulo Syabru, and from Thulo Syabru to Cholangpati and finally to Gosainkunda.

After Gosainkunda, our trek will take us through Laurebina La High Pass to Ghopte in the scenic Helambu region. From Ghopte, we descend to Kutumsang through rhododendron, pine, juniper forests, and peaceful meadows. The next day, we

continue our descent to reach Chisapani via Pati Bhanjyang. On the last day of the trek, we trek from Chisapani to Sundarijal and catch a bus back to Kathmandu.

## Trip Information

- Duration:** 13 Days
- Activities:** Trekking
- Arrival City:** Kathmandu
- Departure City:** Kathmandu
- Best Season:** December
- Max Altitude:** N/A

## Gallery



## Itinerary

### Day 1: Drive from Kathmandu (1,400m / 4,393ft) to Syabrubesi (1,503m / 4,655ft)

After an early breakfast, we start with a scenic drive on a local bus out of Kathmandu Valley to **Syabrubesi** - northwest of **Kathmandu**. From the way, you can see beautiful scenery - raging rivers, terraced fields, typical Nepali villages, and

snow-capped peaks. The road is smooth up to **Trishuli Bazaar**. Then the road becomes a little rugged as it ascends to **Dhunche** and descends back down to **Syabrubesi**, a bazaar town with much to explore - including riverside hot springs where you can relax.

## Day 2: Trek From Syabrubesi (1,503m / 4,655ft) to Lama Hotel (2,470m / 8,103ft)

From **Syabrubesi**, we begin our first day on the trail. We cross the **Bhote Kosi** to **Langtang River** and then follow the **Langtang River** through the fertile jungle and terraced fields. Up ahead, we pass the landslide area, climb up to **Bamboo**, and gradually ascend to **Rimche**, located at the bank of **Langtang River**. On the way lie several rural settlements, bamboo and birch forests, where you might spot rare, local wildlife - including the red panda. We continue to trek up to the **Lama Hotel village**.

## Day 3: Trek from Lama Hotel (2,470m / 8,103ft) to Langtang village (3,430m / 11,255ft)

We continue our trek alongside the Langtang River while ascending through dense forests. On the way, we will be able to catch glimpses of snowy peaks beckoning us forward. Eventually, the narrow river valley widens out at **Ghoda Tabela**. In the past, there was a **Tibetan resettlement** project running here. We will stop at the **Ghoda Tabela** army check post to register our papers. Then we cross the east side of the river as we get closer to the Langtang Valley. We continue past the prayer wheels driven by flowing water and prayer flags to scenic Langtang village, inhabited by Tamangs.

## Day 4: Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)

We continue ascending as we pass through **small abandoned villages** and **meadows**. The wide Langtang valley offers far-reaching panoramas of the mighty Himalayas. Our route crosses several tributaries and a glacial moraine. We, then, finally arrive at what once was the largest settlement of our journey, a place known as **Kyanjin Gompa**, named after the nearby, ancient monastery of **Kyanjin Gompa**. The Kyanjin Gompa is mostly abandoned after being badly affected by the 2015 earthquake. After lunch, we climb to **Kyajo Ri** Viewpoint at 5,150m / 19,600ft to catch spectacular views of several mountain ranges and Langtang Valley. However, this is an optional trek.

## Day 5: Exploration Day at Kyanjin Gompa

We will stay at Kyanjin Gompa for acclimatization on this day. The **upper Langtang Valley** offers stunning close views of the tall mountains and glaciers. We will be visiting several sites, such as the Yak cheese factory and Kyanjin Gompa

Monastery. If you want, you can trek to Langshisha Kharka and the **Tserko Ri (5450)** viewpoint, from where you can catch the beautiful mountain views of the Himalayan peaks - including **Langtang Lirung (7,227m)**, **Langtang II (6,596m)**, and **Yala peak (5,500m)**. We return to Kyanjin Gompa for the evening.

### **Day 6: Trek from Kyanjin Zomba (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)**

From **Kyanjin Gompa**, we bid goodbye to the upper highlands and start descending on a route that will take us out of the valley. We follow the same path that took us to Kyanjin Gompa. On the way, we will pass the **Langtang Village** and then stop for lunch at **Ghora Tabela**, where we register our exit at the army check post. After a leisurely lunch, we descend through the dense forests of the river valley to **Lama Hotel**.

### **Day 7: Trek from Lama Hotel (2,470m / 8,103ft) to Thulo Syabru (2,210m / 8,500ft)**

This day you will descend to the banks of **Langtang Khola** and cross a **small waterfall**. The route will take us through rhododendron and bamboo forest, teeming with wild lives like wild boar and monkeys. You can also see great views of Ganesh Himal from the route. At the end of this day's trek, we will cross a **suspension bridge** to reach the bottom of the **Thulo Syabru village**.

### **Day 8: Trek from Thulo Syabru (2,210m / 8,500ft) to Cholangpati (3,654m / 11988ft)**

From **Thulo Syabru**, we gradually climb upwards and pass **Langtang** National Park's army checkpoint. Within half an hour of **uphill trekking**, we **reach Daragang**. The trail is less steep from here, as it passes, through the hemlock and oak forest. While passing the forest you may also spot the rare red panda. We continue our trek forward through **Dhimsa** and **Sing Gompa** to **Cholangpati**, where we will stop for the night.

### **Day 9: Trek from Cholangpati (3,654m / 11,988ft) to Gosainkunda Lake (4,380m / 14,620ft)**

As you climb up, the beautiful **Langtang Himal (7234 m)** - the most famous peak in the entire **Langtang Range**, will **be greeting you**. We start walking on a desolated barren mountain trail. As you climb higher, you will see more mountains on the horizon - the **majestic Langtang Himal**, **Ganesh Himal**, and even the Annapurnas on the **west horizon**. A few hours later, we arrive at **Laure Binayak**, then we will begin the uphill climb to **Gosainkunda**. After two hours of the steep climb, we will reach a chorten, and after an hour of trekking, you will see views of beautiful waterfalls and lakes - **Saraswati Kunda** and **Bhairav Kunda**, both of these lakes are formed by water flowing from Gosainkunda. Hindus consider this site holy as they believe that this is a favorite place of Lord Shiva. Gosainkunda receives thousands of pilgrims each year for a holy Hindu festival in the fall.



## Day 10: Trek from Gosainkunda Lake (4,380m / 14,620ft) to Ghopte (3,530m / 11,265ft) via Laurebina Pass (4,610m / 15,115ft)

Today, you will cross the **Laurebina La High Pass** to the scenic Helambu region. From **Gosainkunda lake**, the path first descends from the lodges to the lake. Then our walk along the northern shore starts to get steep as we approach the Laurebina La Pass, but before reaching this pass, you will walk past three or more small lakes.

The Laurebina La Pass is marked with a stone stupa and many praying flags. This pass forms the highest point of the Langtang Trek. We then descend through a wide valley to **High Camp (4240 m)** and walk further down on a steeper and rocky path to Phedi. Right after Phedi, we descend to a footbridge across a stream. The journey from Phedi to Ghopte is demanding with long ascents.

## Day 11: Trek from Ghopte (3,530m / 11,265ft) to Kutumsang (2,470m / 8,560ft)

We start trekking through groves of juniper, rhododendron, and pine in a remote, unpopulated area before we reach the peaceful highland setting of **Tharepati**. From Tharepati, the path descends gently through the forest on the western ridge slope. After walking for a while, we will pass a large meadow with ruins of shepherd's huts. From the route, you can see **Gangchempo** and **Dorje Lakpa peaks**. Then the descent gets steeper as it leads through a forest to **Magin Goth (3265m)**. After a short walk, we will pass **Kuala Bhanjyang (3335m)** and descend to the village of **Kutumsang (2470m)**.

## Day 12: Trek from Kutumsang (2,470m / 8,560ft) to Chisopani (2,295m / 7,655ft)

From Kutumsang, we will ascend for a while and then descend to **Gul Bhanjyang (2140m) Village**. Then we climb up to reach a dusty wide road at Thorong Danda (2500m) and continue on a steep and rocky path to Chipping village.

We then drop down steadily and reach **Pati Bhanjyang (1760m)** - a village between Chipping and Chisopani. After walking half an hour from here, we reach **Chisopani**, famous for spectacular **panoramic views of several mountains**.

## Day 13: Trek from Chisopani (2,295m / 7,655ft) to Sundarijal (1380m / 4530ft) and drive to Kathmandu (1350m / 4450ft)

After a few minutes walk after Chisopani, we reach the **Shivapuri National Park** checkpoint. From here, we take a wide road leading down the hill, then on a paved path up the hill. Eventually, walking past a few water reservoirs and large water pipes, we reach **Sundarijal (1460m)**, where we say **goodbye** to the trails and take **local transport to Kathmandu**.

# Equipment

## Equipment And Packing for Langtang Gosainkunda Trek - 13 Days

We recommend that you bring the items to the list below. Suppose your trek is longer or shorter than that. In that case, appropriate adjustments can be made to reflect the specific requirements, season, and length of the trip. Adventure Club Trek will provide the items marked with an asterisk (\*) at no additional cost. You are welcome to use your articles if you already have them and prefer your own. Many trekking items can be bought cheaply in the Thamel neighborhood of Kathmandu; quality will vary, with the items imported from China often being of higher quality. There are also several high-end shops in Kathmandu which carry well-known brands. Since our porters will carry your pack, please remember the weight limitation is 15kg (33 lbs since there is nothing there but some prayer flags. Also, please note that you still need to send me a list of gear.

The Adventure Club Trek will lend each trekker a set of down Jackets, sleeping bags,s and duffle bags. Our leading guide, trained in wilderness first aid, will carry a comprehensive medical kit.

### Important Documents And Items:

Valid passport, 2 extra passport-size photos, airline tickets. Dollars, pounds, or Euros in cash for purchasing a Nepali visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and buying your drinks and gifts. Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

### HEAD

A bandana or headscarf is also helpful in dusty conditions. Warm hat that covers your ears (wool or synthetic) Headlamp with extra batteries and bulbs Sunglasses with UV protection Prescription sunglasses (if required)

### UPPER BODY

Polypropylene shirts (1 half sleeve and 2 long sleeves) Light and expedition-weight thermal tops Fleece wind-stopper jacket or pullover Waterproof (preferably breathable fabric) shell jacket Down vest and jacket \* Gore-Tex jacket with hood, waterproof and breathable

### LOWER BODY

non-cotton underwear briefs 1 pair of Hiking shorts 1 pair of hiking trousers 1 pair of lightweight thermal bottoms (seasonal) 1 pair of fleece or woolen trousers 1 pair of waterproof shell pants, breathable fabric

### FEET

2 pairs of thin, lightweight inner socks 2 pairs of heavy poly or wool socks 1 pair of Hiking boots with spare laces (sturdy soles, water-resistant, ankle support, "broken-in") 1 pair of trainers or running shoes and sandals Cotton socks (optional) Gaiters (winter only), optional, "low" ankle high version

### HANDS

Pair of lightweight poly-liner gloves. 1 pair of lightweight wool or fleece gloves 1 pair of mittens consisting of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### TOILETRIES

1 medium-sized quick-drying towel Toothbrush/paste (preferably biodegradable) Multipurpose soap (preferably

biodegradable) Deodorants Nail clippers Face and body moisturizer Female hygiene products Small mirror Personal Hygiene Wet wipes (baby wipes) Tissue /toilet roll Anti-bacterial handwash

## **SLEEPING**

1 sleeping bag (good to -10 degrees C or 14 degrees F)\* Fleece sleeping bag liner (optional) Rucksack and Travel Bags medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon) large duffel bag \* A small daypack/backpack for carrying your valuables should have good shoulder padding Small padlocks for duffel-kit bags 2 large waterproof rucksack covers (optional)

## **Medical**

Small, personal first-aid kit. (Simple and light) Aspirin, first-aid tape, and plasters (Band-Aids) Anti-diarrhea pills Anti-headache pills Cough and cold medicine Anti-altitude sickness pills: Diamox or Acetylpolyamine Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills, as they are respiratory depressants. Water purification tablets or the water filter Extra pair of prescription glasses, contact lens supplies Extras/Luxuries Reading book Trail map/guidebook Journal and pen Binoculars (optional) Voltage converter (from 220 to 110) Plug adapter (2 round pegs to 2 flat pegs)

## **Cost Inclusion**

- Kathmandu to Syabrubesi (trek start) and Sundarijal back to Kathmandu (trek end) by local bus
- Accommodation (total 12 nights): six nights accommodation with private attached bathroom at Syabrubesi, Langtang Village, and Kyanjin Gompa (2N) Thulo Syabru and Chisopani, six nights standard rooms at Lama Hotel (2N), Cholangpati, Gosainkunda lake, Ghopte, and Kutumsang (Twin Sharing Room)
- All standard meals ( 13 Lunches, 12 Dinners, and 13 Breakfasts) during the trek
- Government licensed Discovery World Trekking experienced trek leader/guide (an assistant guide for 12 or above trekkers) and porter to help trekkers. The maximum luggage weight limit is 9 Kg per trekker.
- Guides and porters costs - including meals, insurance, salary, lodging, transportation, and other necessary equipment
- Langtang National Park entry permit fee
- Trekkers Information Management System (TIMS) card fee
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance)
- Souvenir - a company's T-shirt & cap
- Discovery World Trekking trek achievement certificate
- Farewell dinner at the end of the trek in Kathmandu

## **Cost Exclusion**

- International flight airfare
- On arrival Nepal entry visa fees at Tribhuvan International Airport (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- Excess baggage charges (Limit is 9kg per person)
- All accommodation and meals in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, early return from the trek.
- Personal expenses (shopping, snacks, boil bottled water, hot (tea/coffee) and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear.
- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)
- Tips for guide and porters
- Additional costs due to delays caused by circumstances beyond our control like bad weather conditions, lodge unavailability, itinerary modification, etc
- All the costs and expenses not listed in "What is included Gosaikunda Holy Trek Package?" will be counted as excludes

## Frequently Asked Questions

### 1. Does EBC trek require an immunization certificate?

No, it does not. But if you have any pre-existing medical conditions, let us know before booking the trip.

### 2. Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge holding a pamphlet with your name on it. S/he will take you to your selected hotel in a private vehicle.

### 3. I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are suitable for all - vegans, vegetarians, and non-vegetarians.

### 4. Is there a cancellation or refund policy?



Map

