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Kapan Marg, Kathmandu, Nepal



### Langtang Gosaikunda Trek

Langtang Gosaikunda Trek is a beautiful and very famous trekking trail in Nepal through lush forests, quaint villages, abundant wildlife and astonishing views of the magnificent Himalayas. It renders you eye-catching landscape, affinity of Nepali Culture, distant valley trek to Langtang region, along with the high mountain lakes at Gosaikunda. Passing through the Trishuli River which lies north of Kathmandu, you come across through Trishuli Bazaar and Dhunche to Syaphrubesi a Sherpa village situated at the corner of the Langtang National Park. As you move back and forth along the east into the Langtang valley, passing through the river many times as you move up along a gorge-like lower portion of the valley you come across through oak and rhododendron forests and also you move along glacial moraine on the way to the Tamang village of Langtang. You begin your trek from Syaphrubesi to Lama Hotel and then you swing to KyangjinGompa in three days of your trek, you move for encircling visits such as Monastery, Cheese factory and Sherpa village. The holy lake Gosaikunda is divine among both the Hindus and the Buddhists. The lake is visited by thousands of visitors in the full- moon night in August every year. Langtang Valley is mesmerizing valley in Nepal. You keep on walking through range of small village and trail of thick forest. The trek turns out into pleasing walk through Rhododendron and pine trees and there you will be able to see honey hunter animal, langur Monkey (Setobadar) and waterfalls and the trek continues to reach Gosaikunda. In the way you will come across through Lauribinayak. From here you will have spectacular view of Langtang Region. Please join with Adventure Ascent Pvt. Ltd to enjoy this beautiful trek journey.

Price:

Trip Start:

Trip Ends:

Duration: 17days

Grade: Medium

Altitude: 4984m

Destination:

Trip Style:

Transport:

Group Size:

Best Time:

## Itinerary

| Day | Title   | Description  |
|-----|---|--|
| 1   | <u>Arrival in Kathmandu (1,360m)</u>                          | After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.  |
| 2   | <u>City sightseeing and trek preparation</u>                  | After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu. |
| 3   | <u>Drive from Kathmandu to Syabrubesi (1,500m.) 7-8 hours</u> | We leave Kathmandu in the morning to start our journey for Syabrubesi, a village which is also the starting point for treks into the Langtang village. Our journey will be on a winding road through frequent switchbacks. On a clear day we get to enjoy marvelous views of Manaslu, Annapurna and Ganesh Himal. Our drive for today ends with a descent into the small village of Syabrubesi. Overnight in Syabrubesi.   |

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| 4 | <u>Trek to Lama Hotel (2,410m.) 6 hours</u>                   | After breakfast, we begin our trek from Syabrubesi along the LangtangKhola. We ascend and descend simultaneously through oak and rhododendron forests. After crossing a bridge over the LangtangKhola (small river), we ascend on a steep trail which will lead us to the Lama Hotel. Overnight in Lama Hotel.   |
| 5 | <u>Trek to Mundu (3450m.) via Langtang village: 6-7 hours</u> | We continue our trek journey ascending from Lama Hotel and enjoy the mountain landscape with abundant waterfalls. As we reach the green meadows of GhodaTabela, we begin to see the white peaks of the Langtang range. Our trail continues to climb up the widening valley, passing a few temporary settlements used by herders. We pass a Buddhist monastery before reaching the Langtang village which was affected by the April 2015 earthquake. We continue on our trail to Mundu. Overnight in Mundu. |
| 6 | <u>Trek to KyangjinGompa (3800m.) 4-5 hours</u>               | As usual after breakfast, we begin our journey to KyangjinGompa, a principal monastery of the region. We pass by water mills, prayer wheels, chortens, with sacred mounds of rocks with inscriptions carved on them.? We also pass by the largest mani wall in Nepal, made from stone with prayers written on them. After the short trek, we spend the rest of the afternoon exploring the Buddhist shrine in KyangjinGompa and surrounding areas with the amazing views of the mountains.                 |
| 7 | <u>Acclimatization: explore TserkoRi (4984m.) 7-8 hours</u>   | Today we spend the whole day exploring TserkoRi which will also help us acclimatize to the high altitude. We begin early in the morning. The trail passes through yak pastures before ascending to TserkoRi. The sunrise view from the top of TserkoRi is exceptional. We get back to KyangjinGompa by late afternoon and explore the beautiful monastery while enjoying views of the Himalayas, glaciers, birds and yaks.   |
| 8 | <u>?Trek to Lama Hotel 6-7 hours</u>                          | we begin our trek after breakfast and retrace our steps to Lama Hotel. Most of the trekking today will be downhill as we pass through forests and beautiful Tamang villages. We also get to enjoy different view of the Himalayas that we had missed climbing up. Overnight in Lama Hotel.   |

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| 9  | <u>Trek to Thulo Syabru (2210) 5-6 hours</u>              | <p>We continue our trek with a climb up to the Rimche Village. From here we go down to the banks of the Langtang Khola. We continue on an easy trail to Bamboo and begin ascending to Landslide Lodge. From here we continue our trek to Thulo Syabru. There are two trails as we cross another bridge. We follow the one that passes by Pahare hotel and a waterfall at 2210 m to reach Thulo Syabru. Overnight in Thulo Syabru.</p>  |
| 10 | <u>Trek to Laurebina (3910m.) 4 -5 hours</u>              | <p>Today will be a short walk and we should not walk too fast because the steady gain in altitude will help us acclimatize better to the high altitude. After trekking for a while we pass by a chorten and a checkpoint. From the checkpoint, we move south and pass by Garta Village and Phulung Monastery before reaching Shin Gompa to spend the night.</p>  |
| 11 | <u>Trek to Gosaikunda (4,380m.): 5-6 hours</u>            | <p>today we get to enjoy fantastic panoramic views of the Himalayas including the Annapurnas, Hiunchuli, Manaslu, Ganesh and Langtang. We follow a ridge for the most part of the day and catch a glimpse of the first of the holy lakes. The third lake, Gosaikunda (4380m), is of particular religious and cultural significance for the Nepalese and is one of Nepal's most sought after pilgrimage sites. The lake is surrounded by mountains on almost all sides and has a great ensemble of nine other lakes to accompany it. Every year during Janai Purnima in August, hundreds of Hindu pilgrims visit the lake for a holy bath. The large rock at the center of the lake is said to be the remains of a Shiva shrine. Overnight in Gosaikunda.</p> |
| 12 | <u>Trek to Ghopte via Laurebina pass (3530m.) 8 hours</u> | <p>we move around the lake's shore before ascending towards the Laurebina Pass (4610m). The Helambu region begins at the Laurebina La (pass) and descends to the Melamchi valley. The trail is rough and crosses moraines, but is well marked with cairns. We pass through three more small lakes before reaching the pass. We climb a small hill and enjoy excellent views of the area. Our trail passes through Surya kunda before reaching Ghopte. Overnight in Ghopte.</p>   |

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| 13 | <u>Ghopte to Manage-Ghot (3220m.) 5-6 hours.</u>                | After spending some good time in the absolute wilderness, the trail from here joins the other path of Helambu to Kathmandu, the walk today is pleasant through the alpine forest for an hour, with another one hour uphill to Tharepatti 3510 mm. A lovely spot on the high ridge overlooking the views of the snowcapped peaks of Jugal Himalayan range in the east and Ganesh-Manaslu in the west; we can make out the ridge and the trail coming out of Gosainkund. A lunch break can be had here after a short walk from Ghopte; it's worth a view with the lunch. From here on, the trail descends for a few hours to the overnight camp at Mange-ghot, a nice place with a grassy field, & an Army Barrack nearby. |
| 14 | <u>Trek to Gulbanjyang (2,130m.) 5-6 hours walk.</u>            | The trek from here onwards, leads to farm fields, villages and to a few forest areas, from Manage ghot, a few hours walk brings us to Kutumsang village 2,470m, inhabited by Sherpa and Tamang hill tribes. From here, the winding path passes through up and down slopes past the farm terraces and villages till Gul-Bhanjyang is reached for the overnight Camp after we cross the village-bazaar which takes an hour to climb.   |
| 15 | <u>Trek to Chisopani (2215m.) 5 hours.</u>                      | The walk from here is more satisfying passing through number of rural farm villages the trail brings us to a village of PatiBhanjyang after a 3-4 hours trek; from this village a short uphill climb brings us to the overnight stop at Chisopanidanda, a scenic spot at the top of a hillock en-route to Kathmandu and to other places at the rim of Kathmandu Valley. Chisopani, a scenic viewpoint with 4-6 teahouses and an Army Camp nearby, this places offers fantastic views of the JugalHimal range in the north east and Ganesh Himal-Manaslu and Annapurna range in the west. Apart from the glistening snow peaks, we get lovely views of the surrounding landscapes and valleys down below. Overnight camp. |
| 16 | <u>?Trek Sundarijal (1460m.) Then 1 hour drive to Kathmandu</u> | The last day of our beautiful journey, with the cool morning that takes us through serene forest and farmlands after a few hours of gradual walk and to the top of the ridge of Burlang and ChepuBhanjyang at 2,438m, we are again offered great views of Kathmandu Valley, & from here the track descends to Sundarijal (meaning beautiful water) a lovely spot with a cool patch of forest with monkeys and fresh streams, a popular picnic spot for most of the Kathmandu folks who want to escape for a day from the busy crowded metropolitan life in the city.   |

- 17     Final departure     Our adventure in Nepal ends today. Adventure Ascent staff will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

### **Includes**

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

### **Excludes**

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.