



## Langtang Gosaikunda Trek - 17 Days

Langtang Gosaikunda Trek is a journey of beautiful landscape, lush green forest, pristine and serene lakes, snow clad mountains, quaint villages and nature and wildlife in the Langtang region of Nepal. Langtang is home to the Langtang National Park which has the presence of many unique faunas and floras. In this trek, we will walk through many ethnic settlements and villages, forests of bamboo and rhododendrons and also may get a chance to see the popular Red Panda, snow leopard, musk deer of this region and other wild animals inside the park. Langtang Valley lays close to the Tibetan boarder so the culture and looks of the village reflects similar to Tibet.

The trek starts with a drive from Kathmandu to Syabru Besi. Syabru Besi is the starting village of our trek which is a village of Tamang community located on the banks of Bhoti Koshi River. As you trek forward to Langtang, you will reach Kyanjin Gumpa, a Sherpa Village and a cheese factory which are the popular places in the region. Gosaikunda Lake is a place of great importance to both Hindus and Buddhists as it is a holy place and a pilgrim and is connected to Lord Shiva.

**Duration:** 17 Days

**Cost:** USD 1440

**Destination:** Nepal

### **Day 01: Arrival in Kathmandu Airport (1400m).**

Upon arrival in Kathmandu Airport, warm welcome by representative. Drive to hotel and check in. There will be a welcome dinner in the evening hosted by our company.

**Dinner included**

### **Day 02: Kathmandu Sightseeing & Trip Preparation.**

Today you will take a half day guided Kathmandu sightseeing of World Heritage sites. You will be visiting Kathmandu Durbar Square and Swoyambhunath Stupa. After the sightseeing, we will be doing the necessary preparation for the trip. You may also wish to buy some trekking gears such as Jackets, hats, t-shirt, walking stick, trekking bags etc which is easily found near your hotel.

**Breakfast included**

### **Day 03: Drive to Syabru Besi (1462m) – 7 hours drive.**

Wake up early morning and departure for 7 hours' drive to your starting point at the foot of Langtang Valley. The road takes a scenic route, climbing high over the ridges to escape the Kathmandu Valley and provide you with an amazing panorama of the Himalaya, including the Annapurna range, Manaslu, Ganesh Himal and the peak of Langtang region that you will soon get familiar with.

**Breakfast, Lunch & Dinner included**

**Day 04: Trek to Lama Hotel (2500m) – 5 hours.**

We will start our trek from Syabru Gaon to Lama Hotel (2480m), which takes approx. five hours. The trail descends along the ridge on Syabru's main street and then drops to Ghopche Khola (2050m), and again descends to the landslide (1810m). From then onwards, your trek will ascend gently to Rimche (2400m) through bamboos (1960m) and at the end you will travel through level path to Lama Hotel. En route, you may get lucky to spot the red pandas, and monkeys in their natural habitat.

**Breakfast, Lunch & Dinner included**

**Day 05: Trek to Mundu (3550m) – 5 to 6 hours.**

Today we will trek to Mundu which is a small settlement very close to the village of Langtang. The trek route will follow Gumanechok and Ghoda Tabela meaning Horse Stable, from where we can see the white peak of Langtang range.

**Breakfast, Lunch & Dinner included**

**Day 06: Trek to Kyanjung Gomba (3870m) – 4 to 5 hours.**

Today morning we will start our trek to Kyanjing Gomba which is a principal monastery of the region. As we trek we will pass through Chortens, Prayer wheels and also the largest Mani wall in Nepal made from stone with prayers written on them. After reaching Kyanjing Gomba, we will take a short rest and explore the Buddhist Shrines and the surrounding areas.

**Breakfast, Lunch & Dinner included**

**Day 07: Acclimatization Day. Explore Tserki Ri (5000m) – 7 to 8 hours.**

Today is a free day in Kyanjing Gomba to acclimatization and to explore Tserki Ri. We can begin early morning trek to Tserki Ri as we can enjoy the spectacular view of sunrise from the top of Tserki Ri. Later we will be back to Kyanjung Gomba after enjoying the beautiful landscapes.

**Breakfast, Lunch & Dinner included**

**Day 08: Trek to Lama Hotel (2500m) – 6 to 7 hours.**

Today we will trek back all the way down to Lama Hotel enjoying the fantastic views of the panoramic mountains. We will have a slow walk enjoying the forests and Tamang village. During the downhill walk we will have a chance to see the beautiful Himalayas that we had missed while climbing up.

### **Breakfast, Lunch & Dinner included**

#### **Day 09: Trek to Thulo Syabru (2235m) – 5 to 6 hours.**

Today we will first descent to the banks of Langtang Khola and ascent to Thulo Syabru. During the trek we will view beautiful scenery of Langtang Himal as we pass through Pine and Juniper forests.

### **Breakfast, Lunch & Dinner included.**

#### **Day 10: Trek to Shin Gompa (3330m) – 3 to 5 hrs.**

The trek today is a short trek to Shin Gompa. You will pass through rhododendron and oak forests with fantastic views of Langtang Himal and Langtang valley. After reaching Shin Gompa, we will rest and relax and explore the area.

### **Breakfast, Lunch & Dinner included.**

#### **Day 11: Trek to Gosaikunda (4300m) – 5 to 6 hours.**

Today is one of the important days of our trek as we will be visiting Gosaikunda Lake. During the trek we get to enjoy fabulous views of Annapurna range, Huichuli, Manaslu, Ganesh Himal and Langtang. After passing few huts in the higher pasture of Laurebinayak, cross a small ridge and you will have your first view of the holy lake of Gosaikunda. The lake of Gosaikunda has holy importance to Hindus and during a festival called Janai Purnima in the month of August, large numbers of Hindu pilgrims visit the lake for a holy bath. There are nine other lakes accompanying the Gosaikunda Lake which is surrounded by mountains from all sides. The lake has holy importance which is connected to Lord Shiva.

### **Breakfast, Lunch & Dinner included**

#### **Day 12: Trek to Ghopte (3430m) Via Laurebinayak Yak Pass (4610m) – 6 hours.**

Today you will trek to the highest point in this trek which is Laurebinayak La (4610m). To reach this point you have to climb through rough and rugged path and pass through four small lakes. Our trail will take us to Surya Kunda before reaching Ghopte.

### **Breakfast, Lunch & Dinner included**

#### **Day 13: Trek to Malemchigaon (2560m) – 6 to 7 hours.**

Today you will trek down through a forested area and reach Kharka which is surrounded by rhododendron forest. As we continue our walk we will reach Tharepati village from where we will climb the ridge above the village to have fantastic view of Jugal area. We will walk a while and cross two suspension bridges to reach the beautiful Malemchigaon village.

### **Breakfast, Lunch & Dinner included**

#### **Day 14: Trek to Tarkeghyang (2590m) – 5 to 6 hours.**

Today you will trek to Tarkeghyang where you can enjoy the traditional village monasteries & Sherpa

culture. The Sherpa village has stone houses which are close with each other with narrow alleyways separating them.

**Breakfast, Lunch & Dinner included**

**Day 15: Trek to Sermathang (2610m) – 3 to 4 hours.**

During the trek to Sermathang, you will cross forests and beautiful village of the region. We will also pass by Chortens, a monastery and Mani wall before reaching Sermathang. Sermathang is a beautiful village with amazing sights of Ganesh Himal, Jugal Himal and Langtang ranges.

**Breakfast, Lunch & Dinner included.**

**Day 16: Trek to Melamchi Bazaar and drive to Kathmandu – 3 to 4 hours hike & 2 hours drive.**

Today we will pass by meadows, fields and beautiful villages to reach Melamchi Bazaar. From here we will take a drive back to Kathmandu. On reaching Kathmandu, you can take a short rest. In the evening we will proceed for a farewell dinner with cultural show in a traditional Nepalese restaurant hosted by Mountain Adventure to celebrate the completion of your trek and your visit to Nepal.

**Breakfast, Lunch & Dinner included.**

**Day 17: Departure to Airport.**

Today our representative will drive you to Airport. Our staff will bid you farewell and thank you for your visit.

**Breakfast included**

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