

Trip Name : Gosainkunda Lake Trek

Starting Point	Drive in KTM-Dhunche
Ending Point	Drive out Sundarijal-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	7 Days
Daily Walk	5-6 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	4609 mt.

Trip Highlights:

- Free of complications of a flight
- Mixed culture of Sherpa, Tamang and Lama Societies
- Spectacular views of Langtang Ri and Ganesh Himal
- Visit of the pilgrimage site - Gosainkunda Lake
- The adventurous Lauri Binayak pass (4,609m/15,122ft)
- Trekking in two different national parks
- The great countryside, terrace farming and beautiful landscapes
- Impressive vegetation and flowers en-route

Trip Details:

Gosainkunda Lake is situated at 4,380 meters (14,370ft) above sea level in the Langtang National Park of Nepal. The Gosainkunda Lake is sacred to the Hindu people and visited hugely in August-September during the special festival called 'Janaipoornima'. They have a strong belief that taking a dip into the lake will wash all sin from their body. According to the Hindu Mythology, it is believed that Lord Shiva created the holy lake. After taking poison from 'Samudramanathan', he desperately needed cold water to quench the heat of the poison so he used his trident to dig up the land to obtain water. 'Kunda' is the Nepali word for lake and there are many Kundas in this area with Gosainkunda being the most important one. Since the lake remains frozen in winter, Gosainkunda Lake is also known as the Frozen Lake. The trek starts at Dhunche and passes through lush green and rhododendron forest, varied landscapes and villages inhabited by ethnic Tamang tribe. Gosainkunda or Lauribinayak pass (4,609m/15,122ft) is one of the highlights of this trekking. The pass remains closed in February and March because of snow. The trek ends at Sundarijal passing through some beautiful terraces and a number of splendid Buddhist monasteries around the delightful villages. Sundarijal is the famous watershed area and the biggest resources of Kathmandu's drinking water supply.

Weather in the Langtang region:

Trekking in the Langtang region is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to end of May and the autumn season starts from the beginning of September to end of November. The winters are very cold and summers are wet. The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. Trekking in late winter (Jan and Feb) is more difficult towards Gosainkunda Lake. The Gosainkunda pass remains closed because of the ice/snow blockade. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape.

High Altitude Warning:

Experience Required:

We have categorized Gosainkunda Lake trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Gosainkunda Lake trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Langtang and Shivapuri National Park permits and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Dhunche and Sundarjal-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuanarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Dhunche (2,030m/6,660ft).

Today we drive for 118km (6-7 hours by Jeep and 8-9 hours by only local bus) from Kathmandu to Dhunche. We cross the ring road and along the Rani ban (forest), climb to Kakani from where we have good views of the Himalayas including Manaslu, Ganesh Himal and Langtang before we reach Rani Pauwa where most of the local buses stop for a tea break. We then travel down to Trisuli via a flat piece of land which is where we stop for lunch (local food e.g. daal-bhat) at Battar Bazaar (540m/1,771ft). After lunch we continue our journey climbing up to Dhunche via Kalikasthan. We also pass through the National Park check post before Dhunche.

Day 02 : Trek Dhunche to Sing Gompa (3,350m/10,991ft).

Today after breakfast we start our trek that ascends gradually through mineral water factory up to Ghatte Khola (Stream). After crossing a suspension bridge over the stream, we continue our trek on the steep trail through pine, silver oak and rhododendron forests until we reach Sing Gompa, our overnight stop. Interestingly we may have a chance to witness some marijuana plants on the trail. There is an old Cheese Factory at Sing Gompa. Trekking time 5-6 hours.

Day 03 : Trek Sing Gompa to Gosainkunda Lake (4,380m/14,370ft).

Today we have a steep climb and comparatively harder than the previous days as we need to climb for more than 1000 meters (3,281ft) to reach Gosainkunda Lake. The Gosainkunda Lake is sacred to the Hindu people and visited hugely in August-September during the special festival called 'Janaipoornima'. They have a strong belief that taking a dip into the lake will wash all sin from their body. Trekking time 5-6 hours.

Day 04 : Trek Gosainkunda Lake to Tharepati (3,510m/11,516ft) crossing over the pass (4,609m/15,122ft).

Today we cross over the Gosainkunda or Lauribinayak pass (4,609m/15,122ft) and continue through Ghopte (3,430m/11,253ft) where we stop for lunch. We find the trek more zigzags with ups and downs to reach Tharepati/Thadepati. At Tharepati, the air is felt relatively thicker. Trekking time 6-7 hours.

Day 05 : Trek Tharepati to Kutumsang (2,470m/8,104ft).

We descend downhill through the forest with only one small ridge to cross en-route. Kutumsang is a beautiful ethnic village. Trekking time 4-5 hours.

Day 06 : Trek Kutumsang to Chisapani (2,300m/7,546ft).

Today we trek from Kutumsang to Chisapani/Chisopani literally means cold water where the Himalayan view is breathtaking. Chisapani is another beautiful village located on the ridge. Trekking time 4-5 hours.

Day 07 : Trek Chisapani to Sundarijal (1,350m/4,429ft) and drive back to Kathmandu.

The trail descends through oak and rhododendron forests with some pine at lower altitude and a medieval looking reservoir, the dam and waterworks. This is one of Kathmandu's drinking water supplies. We trek for 3-4 hours today. From Sundarijal, we take a short drive to Kathmandu (12km) and relax at hotel for the rest of the day.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.