

Trip Name : Langtang Gosainkunda Trek

Trip Cost	US \$950
Starting Point	Drive in KTM-Dhunche
Ending Point	Drive out Sundarikal-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium-Hard
Duration	14 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	5033 mt.

Trip Highlights:

- Free of complications of a flight
- Trekking to the foot of the glaciers - Kyanjin Gompa
- Mixed culture of Sherpa, Tamang and Lama Societies
- Ascent of Tserko Ri (5,033m/16,513ft)
- Visit of Tibetan village in Langtang
- 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:

Langtang National Park is the nearest trekking region from Kathmandu where the views are simply spectacular and awesome. The trek starts at Dhunche, reached after a 9-hour adventurous drive through the high hills on a graveled road and ends at Sundarikal near Kathmandu. Langtang Gosainkunda trekking with an extended trek through Shivapuri National Park is an ideal introduction to trekking trips in Nepal. The Langtang trail follows through the ethnic Tamang villages, lush green forests and the wide spread Kyanjing valley surrounded by snowy peaks. This valley is also known as Kyanjin Gompa (3,800m/12,467ft) from where the 360 degree mountain views are truly panoramic. An ascend to Tserko Ri (5,033m/16,513ft) could be a great excursion from Kyanjing Gompa. As we retrace the route back down to Thulo Syabru or Syaphru, we climb towards the Gosainkunda Lake (4,380m/14,370ft). The Lake is also known as Frozen Lake. After crossing the adventurous Gosainkunda pass (4,609m/15,122ft), we trek down to Tharepati. Gosainkunda pass remains closed in February and March because of snow. Trekking in Langtang region is not considered as strenuous due to the gradual ascent along the river valley but it demands some challenges too. Finally the trek completes at Sundarikal, the famous watershed area and the biggest resources of Kathmandu's drinking water supply.

The Langtang trek can also be customized now with Tamang Heritage trail hence giving some nice cultural experiences.

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 high passes remain 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 Langtang Gosainkunda 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 Langtang Gosainkunda 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 Changunarayan 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 Thulo Syabru Village (2,210m/7,251ft).

We walk along the road to Thulo Bharkhu (1,860m/6,102ft) then a steep climb up to Brabal (2,190m/7,185ft) where we stop for lunch. After lunch we continue our trek through the beautiful countryside of oaks and pine trees to our overnight stop at Thulo Syabru village. Trekking time 5-6 hours.

Day 03 : Trek Thulo Syabru Village to Lama Hotel (2,410m/7,907ft).

After breakfast we descend down along the village and cross the bridge then climb the other side. We then descend down to the landslide and have a slow climb along the Langtang River all the way to the Lama Hotel where we have our overnight stay. Trekking time 5-6 hours.

Day 04 : Trek Lama Hotel to Langtang Valley (3,330m/10,925ft).

Today our trek takes us through oaks, hemlock and bamboo where if we are lucky we will see a variety of birds. We ascend along the Langtang Khola (River) passing Ghoratabela (2,992m/9,816ft) where we can see views of the Langtang Himal just above us. Langtang is a large village where people live all year round cultivating potatoes, buckwheat, barley and vegetables. There is a village monastery which can be visited at anytime as the headman has a key to the monastery. Trekking time 5-6 hours.

Day 05 : Trek Langtang Valley to Kyanjing Gompa (3,800m/12,467ft).

This is a short beautiful alpine trek along the meadows which have grazing yaks, sheep and mountain goats. The village has the Yala Cheese Factory and an ancient monastery which can be visited at any time. Trekking time 2-3 hours.

Day 06 : Exploration day at Kyanjin Gompa/Climb Tserko Ri (5,033m/16,513ft).

Today we have an excursion to see the glacier and climb Tserko Ri, this is comparatively a small, rocky peak while not being a mountain of any real prominence, it is conveniently easy to climb and from its summit magnificent views can be had. This is also an excellent lookout which can be reached by climbing the slopes immediately behind Kyanjin where we will see the majestic Langtang Lirung (7,246m/23,774ft) rising above the glaciers. A visit to the Yala Cheese Factory completes the day.

Day 07 : Return trek Kyanjing Gompa to Lama Hotel.

After breakfast, we descend down the same trail as we climbed on day 4 and 5 and stay at Lama Hotel. Trekking time 6-7 hours.

Day 08 : Return trek Lama Hotel to Thulo Syabru Village.

Trek back through the same route we travelled on day 3.

Day 09 : Trek Thulo Syabru Village to Sing Gompa (3,350m/10,991ft).

Today's trek is mostly uphill and has panoramic Himalayan views. There is an old Cheese Factory at Sing Gompa. Trekking time 5-6 hours.

Day 10 : 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 11 : 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 12 : 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 13 : Trek Kutumsang to Chisapani/Chisopani (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 14 : 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 taxi to Kathmandu (12km) and relax 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.