



## Langtang Gosainkunda

A trek to Langtang valley begins with a drive to Syabru Besi from Kathmandu. Upon arrival in Syabru Besi we stay overnight in a local lodge and the next morning we start our trek to the sacred Lake of Gosainkunda which is the ultimate destination of our trek. After exploring the lake and other popular sites we trek back to Dhunche for departure to Kathmandu by a local/private transport. Gosainkunda Lake is most sacred to both Hindus and Buddhists who pay homage to Lord Shiva. The route to Gosainkunda area passes through diverse landscapes ranging from sub tropical to alpine forests that add beauty and attraction to the trekkers.

### Trip Features

Trip Duration: 15 days

Trek Duration: 14 days

Max. Elevation: 4380m

Grading: Moderate to Strenuous

Trek Style: Lodge-to-lodge (Teahouse)

Best Season: March-May, September-November

### Itinerary

Day1:	Drive to Melamchipul Bazaar & Trek to Pokhare Bhanjyang
Day2:	Pokhare Bhanjyang to Shermanthang (2580m)
Day3:	Shermanthang to Tarkeghyang (2770 m)
Day4:	Tarkegyang to Melamchi Gaon (2530 m)
Day5:	Melamchi Gaon to Tharepati (3510 m)
Day6:	Tharepati to Phedi (4100 m)
Day7:	Phedi to Gosaikunda (4380m)
Day8:	Gosaikunda to Sing Gompa (3250 m)
Day9:	Sing Gompa to Thulo Syabru (2100 m)
Day10:	Thulo Syabru to Lama Hotel (2380 m)
Day11:	Lama Hotel to Langtang (3500 m)
Day12:	Langtang to Kyanjin Gompa (3960 m)
Day13:	Kyanjin Gompa to Lama Hotel (2380 m)
Day14:	Lama Hotel to Syabru Besi (1460 m)
Day15:	Drive Syabru Besi - Kathmandu

### Costs:

Starting from €829,-

### Highlights:

- Langtang Range
- Gosainkunda Lake
- Lauribinayak Pass





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## Langtang Gosaikunda Trek Details

### Day One - Drive to Sundarijal (1400m) and trek to Chisopani (2200m)

Today we start with a 170 kilometres drive to Melamchipul Bazaar, 4 hours east of Kathmandu. Melamchipul Bazaar is a small village at the entrance of the Melamchi Valley. This valley derives its name from the Melamchi river which flows through the valley. A four till five hours steep uphill walk through local villages takes us to Pokhara Bhanjyang.

### Day Two - Trek to Shermanthang (2580m)

Today we escape the heat of the afternoon sun by walking through the rhododendron and fir forests. The first two hours of our trail lead us uphill from where on the path is mainly flat till we reach Shermanthang.

### Day Three - Trek to Tharkeghyang (2770m)

Also today's trek leads us the forest trails leading to a Sherpa village, Ghyangyol and then to Ghyang village. Half an hour from here we reach Tharkeghyang. This is the largest village of the Helambu region, located in the middle of the forest high above the river.

### Day Four - Trek to Melamchi Gaon (2530m)

In the morning we have a steep and picturesque walk downhill to the Melamchi river. After crossing the river by suspension bridge we will walk for three more hours till we reach Melamchi Gaon.

### Day Five - Trek to Tharepati (3640m)

The path to Tharepati is a tough and steep uphill path. During today's walk we see the forest changing from rhododendron to oak and from oak to fir. If the weather is clear we have some good views on the Himalayan mountains from Tharepati.

### Day Six - Trek to Phedi (4100m)

In the morning we start our walk descending, however this will soon change as we continue to Ghopte, from here on we keep climbing till we arrive in Phedi.

### Day Seven - Trek to Gosaikunda (4380m)

Today we will reach the highest point of our trip, the Laurebina Pass (4610m), after 5 hours walking uphill. From here we drop down to the Gosaikunda lake. While dropping down to Gosaikunda you see various smaller lakes like Surya kunda, Naga kunda, Damodar Kunda, Gai Kunda etc. Then in around an hour we finally reach the Holy Gosaikunda lake.



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### **Day Eight - Trek Singompa (3250m)**

The main attraction of this day is the beautiful and splendid view that we may have on the Himalayan mountain range. We might be able to see Langtang Lirung (7227m), Ganesh Himal (7406m), Manaslu (8156m) and with clear skies even the Annapurna Range is visible. Later on we pass through some forests for around two hours till we reach Singompa.

### **Day Nine - Trek to Thulo Syabru (2100m)**

We descend mostly through forest trails, where rhododendrons can be seen on bloom during spring season. Thulo Syabru is a beautiful Tamang village with a view of Langtang Lirung and the Tibetan Mountains.

### **Day Ten - Trek to Lama Hotel (2380m)**

We start the day descending through the field, villages and forests till we reach Langtang Khola (river). From here on we start to gradually ascend whilst we follow the river banks till we reach a place called Bambo, where we will enjoy lunch. After lunch a steep one hour climb awaits, after which we will cross the river and walk for two more hours till we reach our overnight place, Lama Hotel

### **Day Eleven - Trek Langtang (3500m)**

An approximate four hour hike through forest trails takes us Ghora Tabela. We mainly pass through Oak and Rhododendron forests. Then around three hours mostly flat trails and slight uphill take us to Langtang. On the way to Langtang (3500m) we slowly enter the vegetation less zone. Small shrubs replace the dense forests that we have seen the last past days.

### **Day Twelve - Kyanjin Gompa (3960m)**

The route ahead of us offers some spectacular 360 degrees mountain views whilst we pass through traditional villages with stone built houses, Buddhist Chhortens (holy shrines) and Mani Stones (holy stones) to Kyanjin Gompa (3960m). It's a magnificent 360 degree mountain view from here.

### **Optional Day - A day in Kyanjin Gompa**

There are several options on how to spend the optional day in Kyanjin Gompa. You can do a hike up to Tserko Ri (4985m) and back to Kyanjin gompa or go for an easier option to hike around the valley itself. To Tserko Ri is a four to five hours steep climb. Either way you hike with a packed lunch from your tea house lodge.

### **Day Thirteen - Trek to Lama Hotel (2340m)**

Now you return descending down for around 6 to 7 hrs. You hike via Langtang and Ghora Tabela to finally reach Lama hotel.

### **Day Fourteen - Trek to Syabru Besi (1460m)**

Today our path leads us down in six till seven hours till we reach Syabru Besi, where the Bote Koshi and Trishuli rivers meet.

### **Day Sixteen - Drive Syabru Besi to Kathmandu**

Today we drive back to Kathmandu which will take us approximately nine hours. The first five hours to Betrawati leads over rough roads, so hold on tight and buckle up. From Betrawati on the road gets better and is mainly paved.



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