



## Langtang Gosaikunda Trek

The trek to the Langtang valley begins from Sundarijal, Kathmandu. 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. This trek is suitable for the moderately experienced and the experienced trekker.

### Trip Features

Trip Duration: 13 days

Trek Duration: 12 days

Max. Elevation: 4610m

Grading: Moderate to strenuous

Trek Style: Lodge-to-lodge (Teahouse)

Best Season: March-May, September-November

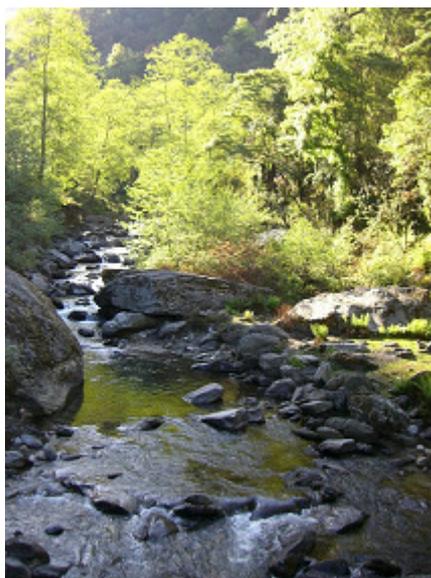
Itinerary	
Day1:	Sundarijal to Chisapani(2215m)
Day2:	Chisapani to Gol Bhanjyang (2140m)
Day3:	Gol Bhanjyang to Tharepati (2640m)
Day4:	Tharepati to Phedi (4100m)
Day5:	Phedi to Gosaikunda (4380m)
Day6:	Gosaikunda to Sing Gompa (3250m)
Day7:	Sing Gompa to Thulo Syabru (2100m)
Day8:	Thulo Syabru to Lama Hotel (2380m)
Day9:	Lama Hotel to Langtang (3500m)
Day10:	Langtang to Kyanjin Gompa (3960m)
Day11:	Kyanjin Gompa to Lama Hotel (2340m)
Day12:	Lama Hotel to Syabru Besi (3330m)
Day13:	Drive Syabru Besi to Kathmandu.

### Costs:

Starting From €689

### Highlights:

- Langtang Range
- Gosainkunda Lake
- Lauribinayak Pass





## Langtang Gosaikunda Trek Details

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

We will kick off our trek with a one hour drive to Sundarijal located in the North-East of Kathmandu Valley. Our trek commences with a long climb to Bulang Bhanjyang (2440m). On the way to there we ascend through light forests and pass through Mulkharka (1800m), a small Tamang village. From Bulang Bhanjyang the trail descends slightly through oak and rhododendron forest till we reach our overnight village, Chisopani.

### Day Two - Trek to Gol Bhanjyang (2140m)

Today we start going down to Pati Bhanjyang (1900m), a local village. A steep ascent from here takes us to Chipling (2170m). The trail proceeds to Thodang Bateni from where we have a good mountain view on clear days. Finally, we descend down to a Tamang village known as Gol Bhanjyang where we will spend the night.

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

Today's trek brings us through Kutumsang (2500m) and fir and rhododendron forests. On the way we have some great views on the Langtang peak before we arrive in Tharepati after an eight hours trek.

### Day Four - 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 Five - 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, Gal Kunda etc. Then in around an hour we finally reach the Holy Gosaikunda lake.

### Day Six - 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 Seven - Trek to Thulo Syabru (2100m)

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

### Day Eight - Trek to Lama Hotel (2380m)

We start the day descending through the fields, 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 Bamboo, 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.





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### **Day Nine - 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 Ten - 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 Eleven - 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 Twelve - 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 Thirteen - 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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