

Langtang Gosaikunda Lake Trekking

<https://www.nectravels.com/package/langtnag-gosainkunda-trekking/>

Langtang Helambu Gosaikunda combines the remote and spectacular valley of Langtang with the high mountain lakes at Gosaikunda. You can visit the beautiful Langtang National park and then trek to the end of the valley to view the wonderful mountain views.

Following the Trishuli River north out of Kathmandu, you travel through Trishuli Bazaar and Dhunche to Syabrubesi, a Sherpa village located at the very edge of the Langtang National Park. You then swing east into the Langtang valley, crossing the river several times as you travel up along a gorge-like lower section of the valley. You pass through oak and rhododendron forests and even cross glacial moraine on your way to the Tamang village of Langtang & Helambu Valley.

Itinerary

Day 01: Arrival Kathmandu (By Flight)

Upon arrival at Kathmandu airport meeting assistance at the airport & transfer to the Hotel. Rest day free for Leisure. Overnight stay at Hotel.

Day 02: Kathmandu Sightseeing

After breakfast, proceed for a city tour of Kathmandu visiting Pashupatinath and Boudhanath, Swayambhunath, Kathmandu Durbar Square & Patan Durbar Square. Pashupatinath Temple is situated five km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roofs and silver doors is considered one of the holiest shrines of Hindus. The Boudhanath stupa lies 8kms east of Kathmandu. This ancient colossal boudhanath stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979. Kathmandu Durbar Square, the complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. Swayambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone. Evening back to the hotel. Overnight stay at Hotel.

Day 03: Kathmandu-Syabrubesi: 7 hours by bus

You will start an early bus journey to Syabrubesi; the starting point of the trek. Behind Trisuli Bazaar the road is tricky because of the grubby road. During the trip you will pass through many small villages and on the way will be fascinating you with snippets. Overnight in Syabrubesi (1,440m).

Day 04: Trek Syabrubesi-Lama Hotel (2470m): 5-6 hours

Crossing through the suspension bridge and heading precipitously along a stream. The River you are following is mostly the Langtang River. You can enjoy the walk going through oak, rhododendron and bamboo forests. There is also a variety of wildlife in these forests: yellow-throated martens, wild boars, langur monkeys, red pandas and Himalayan black bears. Overnight in Lama Hotel (2,470m)

Day 05: Trek Lama Hotel- Langtang (3430m): 5- 6 hours

After having breakfast you will continue your trip to your next destination. You are starting your trip descending towards a steep forest slope to the Langtang River. You cross a bridge and head up with a winding path. The trail descends into a valley to cross a stream and climbs past several water-driven mills and prayer wheels to the large settlement of Langtang. Overnight in Langtang (3,430m).

Day 06: Trek Langtang - Kyanjin Gompa (3870m): 4-5 hours

You pass through the tiny village, stone-built houses and climb to a Chorten and pass a huge mani along a gentle path of a hill. The valley relocates to a U-shaped one as you enter into a level of riverbed. Today is a short walk; allowing time to acclimatize and explore the surroundings. This place is famous for cheese and curd. Overnight in Kyanjin Gompa (3,870m).

Day 07: Trek Kyanjin Gompa: exploration day

Kyanjin Ri (4,800m) and Tserko Ri (5,000m) are good viewpoints in the area that you can climb. After breakfast, visit Tserko Ri (5000m) for a spectacular view of the Langtang Lirung, Langtang range, Kinshung, Yansa Tsenji and the foot of the huge Lirung Glacier. Back to the guest house for lunch having short rest and walk around the Kyanjing valley with a guide. Overnight in Kyanjin.

Day 08: Trek Kyanjin Gumpa- Lama Hotel (2470m): 5-6 hours

Today you retrace to Lama Hotel. All the way downhill but you will see fantastic views of towering mountains that you have missed on the way up. Take more time and suggest that you walk very slowly. Overnight in Lama Hotel (2,470m).

Day 09: Trek Lama Hotel - Thulo Syabru (2230m): 5-6 hours

First trail descends to the river, crosses the river and ascends to Thulo Syabru. You will see the fascinating view of Langtang Himal and more. On the way of your trek you will pass through pine and Juniper forests. Overnight in Thulo Syabru (2,230m).

Day 10: Trek Thulo Syabru- Shin gomba (3330m): 3-5 hours

You take the broad trail climbing up to Dimsa village and the trail continues less steeply, through rhododendron, hemlock and Oak forests to Shin gomba. On the way of your trek you will see fantastic views of Langtang Himal and Langtang valley. Shin gomba is another popular place for Cheese. Overnight in Shin gomba (3,330m).

Day 11: Trek Shin gomba- Gosainkunda (4460m): 5-6 hours

The trail ascends smoothly through a rhododendron covered point to the top of the rim and through a forested area. The area in-between Shin gomba and Laurebina Yak is a sanctuary for the red panda, an endangered species that the Nepalese call cat bear. You return to the ridge path and climb a wider route through alpine country to arrive at Gosainkunda. Explore around the Lakes and overnight in Gosainkund (4,460m).

Day 12: Trek Gosainkunda- Gopte(3440m): 6-8 hours

Today is a bit of a challenging day; the trail is climb, rough and crosses moraines. Passing three more small lakes, the trail ascends and crosses Laurebina La (4,609m/15,121ft) after the pass, the path down to Phedi and you continue walking up and down throughout crossing a rocky hill with pine, rhododendron trees. Overnight in Gopte(3,440m).

Day 13: Trek Gopte- Malemchigaon (2560m): 6-7 hours

You slide down through a forested area and climb through a dry river-bed to arrive at a Kharka that is surrounded by rhododendron forest. You climb through the forest to arrive at the village of Thare Pati. Climbing the ridge directly above the village gives you a marvelous view of the Jugal area. Cross the village and enter a forested area, again descending to Melamchi River followed by yet again climbing to the Malemchigaon (2,560m).

Day 14: Trek Malemchigaon - Tarke Gyang (2590m): 5-7 hours

The day you enter a cultural destination called Helambu Region, walk up to Tarke Gyang where you can enjoy Sherpa culture with traditional villages and monasteries. The stone houses are close together with narrow alleyways separating them. Overnight in Tarke Gyang(2,590m).

Day 15: Trek Tarke Gyang- Sermathang (2610m): 3-5 hours

You will cross a small forest with the view of a beautiful village of Helambu region. The trail makes a sweep around the wide valley end between Parachin and the pretty Sherpa village of Gangyul. The people of this village practice Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Overnight in Sermathang(2,610m).

Day 16: Trek Sermathang- Melamchi Puul Bazaar -Kathmandu : 3-4 hours; 2 hour bus

Short walk down to Melamchi Pul Bazar with many Sherpa villages and catch transport to Kathmandu. Overnight in Kathmandu.

Day 17: Kathmandu Departure

Free for adequate personal activities until your departure transfer from hotel to the International.