Langtang Gosaikunda Trek

Description

Langtang Gosaikunda trek is one of the many treks in the Langtang region which is highly sought out among trekkers for its unsullied and pristine experience. The trek provides ample opportunity to explore the vicinity and takes you through Langtang Valley and the sacred Gosaikunda Lake.

The trek begins with a drive from Kathmandu to Syabrubesi. The trek usually takes about 17 days to complete. To experience the best from this trail, seasons ranging from the months of September to November and March to May are ideal. The highest altitude the trekkers trail through is 5000m at Tserko Ri. The Langtang Gosaikunda trek is rather challenging and demands the trekkers to be in a good physical and mental condition to get the most out of this trek.

The Langtang Gosaikunda trail passes through glaciers and alpine lakes and offers splendid views of the Langtang Lirung, a 7,234m majestic peak. Gosaikunda Lake, the main highlight of the trek is an oligotrophic freshwater lake located at an elevation of 4,380m. The picturesque and serene view allows the trekkers to let go and soak in the tranquillity of the surrounding area.

Along the route, trekkers will have the chance to visit monasteries, experience the local culture, and indulge in the native community and their way of life. If the trekkers are lucky they might spot a variety of wildlife including Himalayan black bears, musk deer, and the endangered red panda. During spring, the trekkers can witness the beauty of vibrant pink and red rhododendron flowers.

It is important to allow enough time to acclimatize and to be in good physical condition. The Langtang Gosaikunda Trek involves a constant ascent, but there are no particularly steep sections. You may encounter yaks or donkey caravans along the way, and it is important to stay uphill on the trail. With its stunning views and cultural experiences, the Langtang Gosaikunda Trek is a rewarding adventure.

Highlights

- Beautiful landscapes in Nepal, including forests, meadows, and high mountain passes. Along the way, you will have the opportunity to take in stunning views of the surrounding mountains, including Langtang Lirung and Dorje Lakpa.
- experience the local culture and way of life. You will have the opportunity to visit monasteries, interact with the friendly locals, and learn about their traditions and customs.
- Gosaikunda Lake a highlight of the Langtang Gosaikunda Trek and a holy site for Hindus, located at an altitude of 4,380 meters, the lake is surrounded by high peaks, making it a beautiful and peaceful place to rest and soak in the scenery.
- Trek takes you through forests of rhododendron trees, which are in bloom during the spring season. The forests are a stunning sight to behold, with the trees bursting with vibrant pink and red flowers.
- Home to a variety of wildlife, including Himalayan black bears, musk deer, and the endangered red panda. There is a chance you may spot some of these animals during your trek.

Itinerary

Days	Description	Altitude	Hours
02	Drive from Kathmandu to Syabrubesi	1,550 meters	8-9 hours
03	Trek from Syabrubesi to Lama Hotel	2,380 meters	6-7 hours
04	Trek from Lama Hotel to Langtang Village	3,430 meters	6-7 hours
05	Trek from Langtang Village to Kyangjin Gompa	3,870 meters	4-5 hours
06	Trek to Tserko Ri	5,000 meters	6-7 hours
07	Trek from Kyangjin Gompa to Lama Hotel	3,230 meters	6-7 hours
08	Trek from Lama Hotel to Thulosyabru	3,230 meters	6-7 hours
09	Trek from Thulosyabru to Cholangpati	2,340 meters	5-6 hours
10	Trek from Cholangpati to Gosaikunda	4,460 meters	5-6 hours
11	Explore Gosaikunda and visit nearby lakes	4,380 meters	
12	Trek from Surya Peak Base Camp to Phedi	3,700 meters	6-7 hours
13	Trek from Phedi to Tharepati	3,650 meters	6-7 hours
14	Trek from Tharepati to Kutumsang	2,480 meters	6-7 hours
15	Trek from Kutumsang to Chisapani	2,195 meters	6-7 hours
16	Trek from Chisapani to Sundarijal and drive back to Kathmandu. Transfer to hotel	1,340 meters	6-7 hours
17	Depart from Kathmandu		

Detailed Itinerary

Day 01: Arrive at Kathmandu and transfer to hotel, (1,400 m)

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 02: Drive from Kathmandu to Syabrubesi, (1,550 m), 8-9 hours

After breakfast, we begin our journey from Kathmandu to Syabrubesi by jeep. Before reaching Sybrubesi we have lunch at Trishuli. The view of the green valley, terrace, and countryside along with the turquoise shade of Trishuli's river water are magnificent. Mt. Manaslu, Langtang, Ganesh Himal, and some more can also be seen along the way. Finally we arrive at Syabrubesi for overnight stay.

Day 03: Trek from Syabrubesi to Lama Hotel, (2,380 m), 6-7 hours

The trek starts early in the morning. We begin our trek from Syabrubesi and crossing the bridge over the mighty Bhote Koshi River. The initial phase of the trek goes through straight trail passing through lush forest in the hills leading to Bamboo forest. After crossing the forest we reach the Bamboo village where we have lunch. From here the trail gradually ascends till Rimche, where we can make short tea break. After walking about 30-40 minutes, we reach Lama Hotel. Along the way we can observe many small settlements enriched in Tibetan lifestyle. Overnight at Lama Hotel.

Day 04: Trek from Lama Hotel to Langtang Village, (3,430 m), 6-7 hours

Traveling along the Langtang Khola we commence our trek after a delicious breakfast.The trail slowly ascends followed by steep trail and forest. We make our way through rhododendron forest and amazing view of the Langtang Lirunga, Naya Kang and many other sub-ranges. On our way we cross some small settlements like Ghodetabela, Thyangsyap here we have lunch and the move forward to Chamki village. As we continue on the trail, the Langtang village comes into our sight with beautiful settlements of flat roofed houses, Mani walls and manistone. At the village we see the fields planted with potato, wheat, barley and many other vegetables. This village was strongly affected by earthquake of 2015. Overnight at a lodge in Langtang Village.

Day 05: Trek from Langtang Village to Kyangjin Gompa, (3,870 m), 4-5 hours

Get ready for a short hike today. After finishing our breakfast we hit the trail. It is one of the most pleasing days of the Langtang Gosaikunda trek. Along the way we see many mani walls, chortens and colorful prayer flags and make it to Kyangjin. The trail takes us through some refreshing terrains before our arrival at Kyangjin Gompa. It is well known village for the Tibetan Buddhist communities known as Namgodagam Beyul.The incredible monastery is renowned for its beauty and cultural heritage. From this place we can see spectacular snowcapped peaks of Langtang Lirung and Kinshung.

Day 06: Trek to Tserko Ri, (5,000 m), 6-7 hours

On this day we prepare for a splendid day ahead. Today, we follow the trail leading upto Tserko Ri. For the first time in this trek you observe the embracing views from the altitude of 5000m. we carry pack lunch with us. Tsergo Ri offers excellent views of the Yala peak, Langtang Ri, Langtang Lirung, and Naya Khang. Many Yak and other such animals are seen here. After immersing ourselves with the beauty of the Langtang range, we head back to Kyangjin Gompa for an overnight stay. There is also an alternative way to enjoy the day doing hiking to Kyanjin Ri which is close to 5000 meters high.

Day 07: Trek from Kyangjin Gompa (3,230 m) to Lama Hotel, (2,380 m), 7-8 hours

On the 7th day we bid our farewells to the Kyangjin Gompa and head back towards Lama Hotel. The trail goes through a steady ascension and then descends before reaching Lama Hotel. We have lunch at Ghodatabela. After replenishing our energy we head back on the trail to Lama Hotel. Overnight at Lama Hotel.

Day 08: Trek from Lama Hotel to Thulosyabru, (3,230 m), 6-7 hours

On this day we make our way to a famous village in this region. After breakfast we start our journey to Thulosyabru. Traveling along the Langtang Khola, we cross Bamboo village and arrive at Pahare where we have our Lunch. It is a junction, as the trail here diverges into two ways, one leading to Thulosyabru while the other leads to Syabrubesi. After Lunch, we take our trail to Thulosyabru. Overnight at Thulosyabru.

Day 09: Trek from Thulosyabru to Cholangpati, (2,340 m), 5-6 hours

Today follow the trail to Cholangpati. On the route to Foprang Danda and Phulung Gompa we take a short break at the local teashop and enjoy the lovely picturesque view of the rural Nepal. We then arrive at Chandanbari, also known as Sing Gompa. The name 'Sing Gumba' derived from the Tibetan language which means Wooden Monastery. We visit the Local monastery, light some butter lamps and pray for a prosperous journey ahead. From here it is a short 45 minutes walk to Cholangpati. We can visit the local cheese factory and have a taste of the delicious cheese made here. You can also take some as a snack for tomorrows trek. During the spring season the trail is full of blooming rhododendron flowers. Overnight at Cholangpati.

Day 10: Trek from Cholangpati to Gosaikunda, (4,460 m), 5-6 hours

On this day we begin backpacking through one of the most captivating route on this trek. Today, we follow the route to the pristine Gosaikunda. An alpine freshwater oligotrophic lake, renowned as a religious tourist destination. On our journey we take a short break at Laurebina. In the Gosaikunda area we can see beautiful roofless stone hut. In the evening we can stroll around the Gosaikunda lake. During the month of October to June, the water in this lake is like crystal because of the persistent cold winter climate and high altitude. Gosaikunda is also regarded as one of the purest holy lakes and a renowned religious site by both Buddhists and Hindus. Hindu believers have its significance relating to Gosaikunda Lake. According to Hindu mythology, this lake was believed to have been created by Lord Shiva, the god of power and destruction when he wanted to extract the water to calm his poisoning throat. Overnight at Gosaikunda.

Day 11: Explore Gosaikunda and visit nearby lakes, (4,380 m)

Get ready for wonderful and exciting day today. On the 11th day we go out and explore the beauty of the magnificent oligotrophic lakes. Ganesh Kund, Dudh Kund, Surya Kund, Ama Kund, and Chandra Kund are some of the pristine lakes nearby. The calm and tranquil lakes sitting at the laps of majestic mountain ranges are just enough to make your forget about the woes of your life. Overnight at Gosaikunda.

Day 12: Trek to Surya Peak and walk down to Phedi, (3,700 m), 6-7 hours

Today is another exiting day of our journey. We will reach above 5000 meter for the second time. Today from the top of Surya peak we get to experience the best view of Himalayan range. To get the most out of this trek we recommend going to the top when the weather is nice and clear. It can be

really challenging to set out on a snowy day as the trail is obstructed by the snow and the view is also not visible. From the Surya peak you get to relish the panoramic view of the pristine lakes. The unsullied and tranquil surrounding is sure to capture ones heart. After Surya Peak we cross Gosaikunda Pass (4600m), where prayer flags are hanged. If you wish you can also offer prayer flags in this pass. Finally we will arrive at Phedi. descending down to Phedi the trail is steep down. Walking down the trail in the snowy season can be challenging and slippery, travelers are required to pay attention. Overnight at Phedi.

Day 13: Trek from Phedi to Tharepati, (3,650 m), 6-7 hours

On the 13th day we begin our trek to Tharepati. On the way, we have lunch at Ghopte where the way to village is adorned by colorful prayer flags. We get to observe magnificent view of the Langtang national park, and cross an antique cave before arriving at Tharepati pass. Evening we can go do evening hike to view point.

Day 14: Trek from Tharepati to Kutumsang, (2,480 m), 6-7 hours

For today, we make our way through the Kyuola Bhanjyang and pasas through rhododdendron and bushes, before arriving at Kutumsang. The village is decorated with manistones. National park office is also situated in this place.Overnight at Kutumsang.

Day 15: Trek from Kutumsang to Chisapani, (2,195 m), 6-7 hours

We begin our trek from Kutumsang after a heartily breakfast. On this day we travel through numerous settlements reflecting the beauty of the local culture, tradition and values. Many monasteries, and chortens are build along the trail. After passing the local the tea shop, the trail from that point is a small section of stony path. We reach Pati Bhanjyang which is a small village mostly inhabited by the Bramhin and Chhetri we will have our lunch at Patibhyanjyang. We finally reach Chisapani where we rest for the night. In Chisapani we can witness the splendid view of the surrounding mountain valleys.

Day 16: Trek from Chisapani to Sundarijal and drive back to Kathmandu. Transfer to hotel, (1,340 m), 6-7 hours

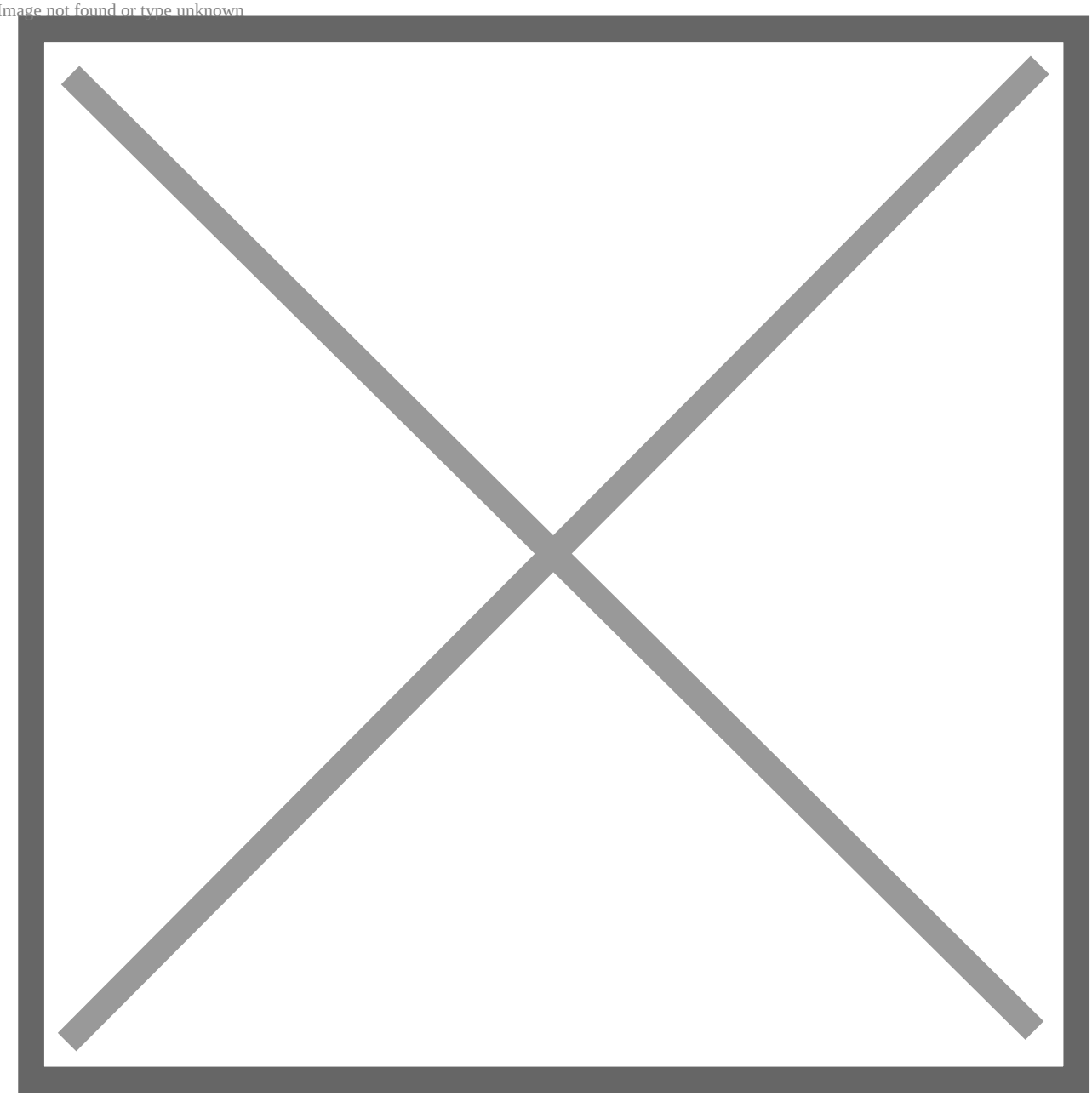
Today marks the final leg of the Langtang Gosaikunda trek. From Chisapnai we begin our journey to Sundarijal. The entire trek on this day takes about 6-7 hours. We have lunch at Mulkarka. We also see the Sundari Mai temple, which is a temple dedicated to Hindu Goddess. After the much needed break we head back on the tracks and reach Sundarijal. From here we take a ride to Kathmandu and you will be transferred to your hotel rooms. Overnight at hotel in Kathmandu.

Day 17: Depart from Kathmandu

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward for more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accomodation
A. Along the trek, you will have the opportunity to try a variety of local Nepali dishes, as well as international cuisine. Many teahouses and lodges along the trek route offer meals, and you can typically choose from a range of options such as dal bhat (a traditional Nepali dish of rice, lentils, and vegetables), noodles, pasta, and soups. You can also buy snacks and beverages at the teahouses. It is important to note that the availability of certain foods may be limited in some areas, so it is always a good idea to bring some of your own non-perishable snacks as well. During the Langtang Gosaikunda Trek, you will stay in teahouses or lodges. These are basic accommodations that typically offer a shared room with twin beds, a pillow and a blanket. Most teahouses and lodges also have shared bathrooms with hot showers (for an extra fee). It is important to note that the facilities in these accommodations may be basic and may not be as comfortable as what you are used to at home. It is also possible to camp during the trek, although this option is less common. If you do choose to camp, you will need to bring your own camping gear and hire a guide and a porter to carry your gear.

Q. best season for trek
A. The best season for the Langtang Gosaikunda Trek depends on your preferences and the type of experience you are looking for. Generally, the best time to visit Nepal for trekking is during the dry seasons, which are autumn (September to November) and spring (March to May). These seasons offer the best weather for trekking, with clear skies, mild temperatures, and low rainfall. During the autumn season, the skies are typically clear, offering stunning views of the surrounding mountains. The temperatures are cooler at higher altitudes, with warm days and cold nights. Spring is also a good time to visit Nepal for trekking, as the weather is generally mild and the rhododendron forests are in bloom, adding a splash of color to the landscape. However, the trails may be more crowded during this time due to the popularity of the season. It is important to note that the weather in the highlands of Nepal can be unpredictable, and it is possible to experience rain or snow at any time of year. It is always a good idea to be prepared for a range of weather conditions and to pack accordingly.

Q. Trip category
A. The Langtang Gosaikunda Trek is a moderate-grade trek that takes you through the stunning Langtang Valley and Gosaikunda Lake in Nepal. As you ascend to altitudes above 5,000 meters, it is important to allow enough time to acclimatize and to be in good physical condition. The trek involves a constant ascent, but there are no particularly steep sections. You may encounter yaks or donkey caravans along the way, and it is important to stay uphill on the trail. With its stunning views and cultural experiences, the Langtang Gosaikunda Trek is a rewarding adventure for those seeking a moderate-grade trek in Nepal.

Q. Health and Safety along the trail
A. xx

Frequently Asked Questions

Q. How long does the Langtang Gosaikunda Trek take?
A. The Langtang Gosaikunda Trek typically takes about a week to complete, depending on your pace and the route you choose. The trek can be customized to meet your specific needs and preferences.

Q. What is the best time to go on the Langtang Gosaikunda Trek?
A. The best time to go on the Langtang Gosaikunda Trek depends on your preferences and the type of experience you are looking for. Generally, the best time to visit Nepal for trekking is during the dry seasons, which are autumn (September to November) and spring (March to May). These seasons offer the best weather for trekking, with clear skies, mild temperatures, and low rainfall.

Q. How difficult is the Langtang Gosaikunda Trek?
A. The Langtang Gosaikunda Trek is classified as a moderate-grade trek, so it is important for trekkers to be in good physical condition and have some previous trekking experience. The trek involves walking for 3-9 hours per day over varied terrain, including steep ascents and descents on marked trails. Altitude sickness can be a concern on this trek, as the route reaches high altitudes, so it is important to allow enough time to acclimatize and listen to your body to avoid any adverse effects.

Q. Can I hire a guide and porter for the Langtang Gosaikunda Trek?
A. Yes, it is possible to hire a guide and porter for the Langtang Gosaikunda Trek. A guide can help you navigate the route, provide information about the local culture and history, and assist you in case of an emergency. A porter can help carry your gear, freeing you up to focus on enjoying the trek. It is

important to choose a reputable agency and to negotiate a fair price for their services.

Q. What is the accommodation like on the Langtang Gosaikunda Trek?
A. During the Langtang Gosaikunda Trek, you will stay in teahouses or lodges. These are basic accommodations that typically offer a shared room with twin beds, a pillow and a blanket. Most teahouses and lodges also have shared bathrooms with hot showers (for an extra fee). It is important to note that the facilities in these accommodations may be basic and may not be as comfortable as what you are used to at home.

Q. Is it possible to get vegetarian food on the Langtang Gosaikunda Trek?
A. Yes, it is possible to get vegetarian food on the Langtang Gosaikunda Trek. Many of the teahouses and lodges along the route offer vegetarian options, such as dal bhat (a traditional Nepali dish of rice, lentils, and vegetables) and vegetable noodles. It is always a good idea to let your guide or the staff at the teahouses know if you have any dietary restrictions or preferences.

Q. Is it possible to charge my electronic devices on the Langtang Gosaikunda Trek?
A. It is possible to charge your electronic devices at some of the teahouses and lodges along the Langtang Gosaikunda Trek, but it is not always possible at all locations. It is a good idea to bring a portable charger or a power bank to ensure that you have enough battery life for your devices during the trek. It is also a good idea to bring a backup power source, such as extra batteries, in case you are unable to charge your devices.