

## Langtang Gosaikunda Trek



### Introduction

**Langtang Gosaikunda trek** is itself is a good choice for all trekkers. They remain remarkably beautiful. In addition, the trails are less crowded and the people are friendly. The people are all **Tamang**, who is the ethnic group for this area. We can explore their culture and way of living. **Kyanjing Ri** or **Tsergo Ri** (Cherko Ri), holy **Gosaikunda lake** and **Lauribina Pass** are another attraction of this trek.

**Langtang Gosaikunda trek** starts after 9 hours driving from Kathmandu to **Syabrubensi**. A little further up the valley is **Kyanjin Gompa**, where we stop overnight and test the local yak cheese. We pass through Nubamatang, nestled in a hidden valley, on our way up to view the glaciers, which mark the gateway into Tilman col, a high mountaineering route to Jugal Himal that crosses a steep and difficult icefall on the south side. We also can hike to **Kyanjing Ri** or **Tsergo Ri** (Cherko Ri) which offer spectacular views of Naya Kanga (5,846m), Ponggen Dopku (5,930m), Mt Langtang Lirung (7245m), Yala peak, Dorje Lakpa (6966m), Urkeinmang (6387m), Loenpo Gang (6979) and Kangchenpo. Backtracking, we travel through Syabru village and SingGompa to a high plateau, where the sacred lake Gosainkund is located. Gosaikund Lake has a black rock in the middle, said to be the head of Shiva. according to legend, Shiva created this high altitude lake when he pierced a glacier with his trident (trishul) to obtain water to quench his thirst after consuming poison gathered from the churning of the oceans (the poison is the reason why Shiva is depicted with a blue throat). There is a white rock under the water which is said to be the remnant of an ancient Shiva shrine. It is also said that the water from this lake disappears underground via a subterranean channel and surfaces in Kumbeshwar pool, next to the five-storey Shiva temple in Patan, more than 60km away. Thousands of people come here to worship and bathe during the full moon festival

each august. Crossing the Laurebena Pass (4610m), we continue south, leaving the Langtang region behind us as we travel through the Helambu valley. From here, it's just a few days trek back to Kathmandu.

## Langtang Gosaikunda Trek Highlights

- View Point Kyanjing Ri and Tsergo Ri
- Gosaikunda Hindu Holy Lake
- The highest Lauribina Pass
- Earthquake damaged Langtang village
- View Naya Kanga, Ponggen Dopku, Mt Langtang Lirung , Yala peak , Dorje Lakpa, Urkeinmang , Loenpo Gang and Kangchenpo, Ganesh Himal etc.
- Tamang ethnic ,culture and way of living
- Langtang National Park wild animal Red Panda

## Trip Facts

Trip Duration	15 Days
Trip Grade:	Moderate
Best Season	March to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	Minimum 1450m-Maximum 4610m
Accommodation	Lodge and Hotel
Transportation	Car/Jeep/Bus/Van

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus depending on group size.
2. 2 Nights Hotel in Kathmandu on BB Plan, (1 night before trek & 1 night after trek).
3. Langtang National park fees and TIMS (Trekker's Information Management System) card.
4. One English speaking, government Certificate holder , first aid trained, guide and Trekkers 2:1 porters.
5. Kathmandu - Syabrubensi by public bus and Sundarjal - Kathmandu by car.
6. All the Meals (Breakfast, lunch and dinner three times a day) with lodge accommodation during the trek.
7. Guides/Porter's: food, lodge, transportation, salary, insurance, equipment etc.
8. Local fresh fruit like orange, banana, apple, grape etc.
9. First Aids Kit.
10. Duffel Bag.
11. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk ).
12. Nepal Hidden Treks and Expedition T-short.
13. Farewell Dinner at Nepali Restaurant in Kathmandu.

14. 13% Government VAT and official charge.

### What are Excluded?

- International airfare and Visa fee (\$25 for 15Days and \$40 for 30Days).
- Lunch and Dinner in Kathmandu.
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include emergency rescue.
- Your trekking gears.
- Tips for your guide and porters etc.

### Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Drive to Syabrubensi,

**Day 03-13:** Trekking

**Day 14:** Drive to Kathmandu

**Day 15:** Departure from Kathmandu (1350m).

### Itinerary Details

#### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

#### 2. Drive to Syabru bensi by bus (1450m 7/8 hours) over night at Lodge.

Trisuli - Dhunche - Syabrubensi

##### Local bus:

In the morning, we pick you up from the Hotel. We drive to new bus station. We take local bus from new bus station. We pass many small cities during our driving to Syabrubensi. When we reach to Dhunche (district headquarter of Rasuwa), if the weather is nice we can see the nice view of Ganesh Himal.

##### Private bus / jeep:

It is also possible to use private bus or jeep from Kathmandu to Syabrubensi. If you query, we can provide private bus or jeep as well. This way is much more conformable.

#### 3. Trek to Lama Hotel (2640m 6 hours walking) over night at Lodge.

This is our trekking starting point. We start our trek we cross the Bridge of Trisuli River. We follow the Langtang River. It is interesting part of walking through the forest. During our hike, we pass small town like, pahiro, Bamboo. The trail is slowly up at the beginning but at the end it is hard.

#### **4. Trek to Langtang village (3340m 6 hours walking) overnight at the Lodge.**

This day, We walk through the rhododendron forest. The trail is slowly up hill. This day we can see some mountains such as Langtang Lirung, Naya kang and some others peaks. During our trek, we pass Gunachok, Thomna, Ghoratabela, Thyangsyap and then Langtang village. It is the village of Tamang people. We can explore rest of the day.

#### **5. Trek to Kyanjing gompa (3860m 3/4 hours walking) overnight at the Lodge.**

This day we start our trip as usual time. If it is nice weather, we can see the wonderful view of mountains at the beginning of this hike. People from this village are Buddhist. During our hike we can see many mani stone walls. The trail is much easier to Kyanjing Gompa. We can explore the rest of the day in Kyanjing Gompa and cheese factory as well.

#### **6. Rest day explore around the Glacier**

Tsergo Ri (Cherko Ri) and climb kyanjing ri over night at same place.

This day we have many choices. It is depending as your wish we take one of following hiking. we can see views of Langtang Lirung, Naya kang, Lang shisha Ri, Penthang Karpo Ri and Dorje Lakpa and some others mountains.

- **Kyanjing Ri hiking.**
- **Tsergo Ri (Cherko Ri) hiking.**
- **Explore the Langshisa kharka or glacier.**

#### **7. Trek down to Lama Hotel (2640m 7 hours walking) overnight at Lodge.**

It is the day for down hill and same way back. The trail is all the way down hill. We hike in one day from Kyanjing Gompa to Lama Hotel. It is nice part of hiking. If you are lucky you can see some wild animal as well. The trail is all the way down hill. So we can do it in 7 hours from Kyajing Gompa to Lama Hotel.

#### **8. Trek to Thulo Syabru village (2540m 6 hours walking) overnight at the Lodge.**

The half of the trail is same way back from Lama Hotel to Pahiro. The trail from Lama Hotel to Bamboo is very steep down hill but it is still nice because we hike in the nature. Bamboo to Pahiro is much easier. After walking little bit from Pahiro. We climb up to the Thulo Syabru (all the way down is Syabrubensi). Thulosyabru is big village of Tamang people. We explore rest of the day.

#### **9. Trek to Laurebina (3920m 6/ 7 hours walking) overnight at the Lodge.**

Now, we are going up so, we start to climb on the rhododendron forest and pastures to the top of the ridge at Phoprang danda (3190m.) If you are lucky, you can watch monkeys play in the forests. We continue climb to another town is called Sing Gompa or Chandan Bari and then Lauribina. We also pass a sanctuary for the red panda. As soon as we reach to Lauribina, We can see the truly magnificent view of Annapurnas, Manaslu (8163m.) ,Ganesh himal and some other peaks.

**10. Trek to Gosaikunda (4210 4hours walking) and then overnight at Lodge.**

This day, we continue climb to Gosaikunda,rest of the day explore in Gosaikunda Lake. There are many lakes. Saraswati Kund , Bhairav Kund, Gosaikunda, Dudh Kund( Milk lake) , Chandra kund (Moon lake)and Ama Kund (mother lake) and Ragat Kund(blood kund). The large lake is Gosaikunda. Gosaikund Lake has a black rock in the middle, said to be the head of shiva. according to legend , shiva created this high altitude lake when he pierced a glacier with his trident (trisul) to obtain water to quench his thirst after consuming poison gathered from the churning of the oceans ( the poison is the reason why Shiva is depicted with a blue throat). There is a white rock under the water which is said to be the remnant of an ancient Shiva shrine. It is also said that the water from this lake disappears underground via a subterranean channel and surfaces in Kumbeshwar pool, next to the five-storey Shiva temple in Patan , more than 60km away. Thousands of people come here to worship and bathe during the full moon festival each august.

**11. Cross the pass (4650m) trek to Gopte (3640m 6/7 hours walking) overnight at Lodge.**

This day we start early in the morning after the breakfast. The trail climbs on a rocky trail marked with cairns towards the pass. Passing three more small lakes, the trail reaches Lauribina La (4610m.). We spend some time to explore the surrounding hills for some fine views. It is the high part of this trek. Now, the trail descends down to Gopte. There are two lodges.

**12. Trek to Kutumsang (2540m 6 hours walking) overnight at the Lodge.**

The day, we start the trek as normal time. The trail from Gopte to Kutumsang is a lot of up and down hill. When we reach to Tharepati we can see the view of Dorje Lakpa, Shisha panningma and others peaks. From here, we hike through Magin Goth and then Kutumsang.

**13. Trek to Chisapani (2230m 6/7 hours walking) over night at the Lodge.**

Now we are in Helambu region. Sherpa and Tamang are ethnic group of this area. The trail is up and down. We hike through the rhododendron forest. It takes about 6/7 hours to get Chisapani. Chisapani is nice and magnificent view point. We can see from here wonderful views of snow capped mountains.

**14. Trek to Sundarijal (3 hours walking and 1 hour driving by private van to selected hotel in Kathmandu.**

Today is last day of hiking. We hike down about three hours to get sundarijal. During our hikng

we pass forest and some small village. We can take local bus or private car from here. It is about 1 hours driving to Kathamandu and then take a rest.

#### 15. **Departure to international airport.**

Final departure to international airport to fly your home country.

## FAQS

### 1. **Is this safe to trek in Langtang Gosaikunda Trek after the Earthquake ?**

Langtang Gosaikunda trek was badly damage by earthquakes. But now, the reconstruction of the trail and lodges are completed, so this trek can be done without any problem.

### 2. **Do you fixed group to join?**

We organize small group trek everyday. Everyday is available to book this trek.

### 3. **What kind of accommodation do we expect?**

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

### 4. **Do we need sleeping bag?**

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

### 5. **Is internet or WIFI available on this trek ?**

Yeah, There is Internet or WIFI in some places but some places no Internet or WIFI is available on this trek.

### 6. **How hard is this trek?**

The highest point of this trek is Lauribina Pass (4610m). We give this trek grade 3. Grade 1 is easiest and grade 5 is hardest trek.

### 7. **Is electricity available ?**

Some place has Electricity. Some places do not have electricity. But they have solar power. You can charge your Camera and Mobile Phone.

### 8. **Drinking water**

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water.

### 9. **How do we Respect the local culture?**

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.
- Avoid wearing revealing clothes and avoid outward displays of physical affection.

**10. Shower**

Most of the trek, Bucket Shower is available. You can have shower by paying extra charge.

**11. Bank or ATM or Money Exchange**

This is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**12. Single Trekker**

We also organize single traveler for this trek. But you have to pay single supplement cost.

**13. When is the best time to do this trek?**

The best time is March to May and September to November. But We organize this trek all the months.

**14. Can we buy or rent trekking gears in Kathmandu?**

We provide Sleeping bag and Down Jacket . You can buy others gears in Kathmandu.