

- Easily accessible from the capital city of Kathmandu.
- This trek combines the Langtang Valley and Gosaikund Lake treks.
- Enjoys mountain views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, Yala peak, Naya Kanga, Gaurishanker, the Himal Chuli, and Manaslu.

Gosaikunda Lake via Langtang valley trekking is famous trail beautiful Langtang region north of Kathmandu valley and close to the Tibet border. This trek combines Langtang valley and Gosaikunda Pass trekking, also known as Langtang circuit trekking. Langtang Valley is a beautiful Place. Gosaikunda Lake is the head of Trishuli River. Trishuli means in English Trident. Hindus people have believed that Lord Shiva created this particular holy lake with his trident so that the river name put Trishuli. Gosaikunda area has different 108 lakes. This trek is a perfect choice for fit and keen walkers.

The traveler enjoys unforgettable mountain views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, Yala peak, Naya Kanga, Gaurishanker, the Himal Chuli, and Manaslu. This area of the people here, hold claims to Tibet, and so many of them look more Tibetan than Nepalese. There is lots of Monastery, waterfalls, Pine and rhododendron forests, Many Lakes in Gosaikund area. The Glacier Adventure Company has a decade of experience team and carefully design an itinerary.

Trip Facts

Price:

USD 1385

Duration:

16 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse (Lodge to Lodge)

Meals:

Breakfast in Kathmandu/ All the meals during trekking

Max. Altitude:

4606m

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December.

Daily walking Hour:

5 to 7 hours

Transportation:

Car/Van/Bus

Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives the airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have a welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. The traveler meets Trekking guide and team member, they check your equipment as well as advise what you need for trekking.

Day 3: Kathmandu to Syabrubesi (1460m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Syabrubesi through the beautiful Nepalese countryside to reach the Syabru Besi then transfer to the hotel the rest of the time explore the around.

Day 4: Syabrubesi to Lama Hotel (2340m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today is the easy day in the first part. The trail slowly ascends to Landslide (1810m) after that, The trail gently ascends to Rimche (2400m) through Bamboo Village (1960m) At the end of the trail to Lama Hotel is flat. Today is more chance to see wild animals.

Day 5: Lama Hotel to Langtang village (3307m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast Start walking and there are occasionally seen Langtang Lirung between forest, Passes through Ghore Tabela (3000m), Nepal army camp, then the trail continue ascends and the valley widens, Pass a few temporary settlements afterward reach of Langtang Village.

Day 6: Langtang to Kyanjin Gomba (3850m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast starts the trek. Today is the short trek. The trail slowly ascends through small villages and yak pastures as the valley opens out further, the views become more extensive. Traveler cross moraine and small stream finally reach Kyanjin Gomba.

Day 7: Exploration day (3850m)

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is an Exploration day in Kyanjiin Gumpa. The traveler can visit the Monastery and Cheese factory. There are two options day hike like Kyanjiin RI (4800m) and Tserko RI (5000m) both viewpoints are good, sees the Panoramic view of the Langtang Himalayan Range.

Day 8:Kyanjin Gumpa to Lama Hotel (2340m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After enjoying the mountain views. Today after breakfast start the walk from Kyanjiin Gumpa. Travelers retrace trekking route bank of Langtang river, cross Langtang village and Ghoretabela the trail descending to Lama Hotel.

Day 9:Lama Hotel to Syabru Goan (2250m)

Walking hr: 6 hrs

After breakfast start trekking. The trail descending to Landslide the trail separates from here to the Syabru Gaun. The traveler takes the upper trail to Syabru Gaun. The traveler enjoys magnificent views of Langtang Lirung, Tibetan Himal ranges and many other Himalayas.

Day 10:Syabru Goan to Sing Gumpa (Chandan bari) (3340m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail ascending to until Foprang Danda through Dursagang, pine and rhododendron forest, then the trail gently ascends to Sing Gumpa, Enjoy Panoramic views of Langtang Himal, Ganesh Himal, and Tibetan Himalayan range. Evening time visits a Cheese factory in Sing Gumpa.

Day 11:Sing Gumpa to Gosaikunda (4361m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail ascends Lauribinayak then continue to Gosaikunda. Enjoy panoramic views of Langtang Himalayan range, Annapurna Himalayan range, and Manaslu Himalayan range. Trekkers pass three lakes to the Gosaikunda like Saraswatikunda, Bhairabkunda, and Gosainkunda. Gosaikunda is a famous pilgrim place in the Hindu religion.

Day 12:Gosaikunda to Ghopte(3580m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start walking. The trail ascends to Gosaikund pass (4610m) People, also known as Laurebina La Pass-through a few small lakes with beautiful mountain views. This pass is the highest point in this trek then the trail descending to Phedi. Trekkers can eat lunch thereafter that the trail continues to Ghopte through pine and rhododendron forest.

Day 13:Ghopte to Kutumsang(2446m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today the trail joins the other famous Helambu trekking. After breakfast trekkers start walking. The trail ascends to Tharepati through the alpine forest. This is a beautiful place for mountain views than the trail descending to Kutumsang through Magan Goth and pine forest.

Day 14:Kutumsang to Chisapani(2210m)**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. Today is the longest day passing through the number of rural farm villages like Gul Bhanjyang and Pati Bhanjyang after that the trail ascending to Chisapani. Enjoy beautiful mountain views on the trail.

Day 15:Chisapani to Kathmandu (1300m)**Walking hr:** 5 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast , lunch & Farewell dinner

Today is the last day of trekking. Trekkers enter another Shiva Puri National Park. The trail ascends to the top, then descending to Sundarijal through rhododendron, Pine forest, farmlands, and Tamang village then drive back to Kathmandu.

Day 16:Departure day**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Gosaikung lake via Langtang valley trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, the Group leader will decide the best alternative, considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking Guide. Two people one porter.4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Langtang national Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.

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- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Gosaikund Pass via Langtang valley trekking is located in the Langtang region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. The guide will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Gosaikund Pass via Langtang valley trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Gosaikund Pass via Langtang valley trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. The trekkers want to make safe Gosaikund Pass via Langtang valley trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

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Normally, Gosaikund Pass via Langtang valley trekking is a remote mountain in the Langtang region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Gosaikund Pass via Langtang valley trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Langtang region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Gosaikund Pass via Langtang valley trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

