



## Goasinkunda Yoga trek in Nepal - 9 Days

Gosaikunda yoga trek is a unique blend of adventures and spiritual journey in Nepal that offers breathtaking views of the Himalayas, snow-capped peaks, beautiful landscapes, dense forests and traditional villages. It combines trekking in the **Himalayas with yoga** and meditation practices which provide an opportunity to connect with nature, nurturing mind and body, and deepen the spiritual experience. The trek takes you through lush forests, picturesque villages, incredible mountain scenery, and allowing you to experience the local culture and lifestyle of the ethnic communities residing in the region.

The place Gosaikunda is a pilgrimage for the **Hindus and Buddhists**, believed to be created by **Lord Shiva** with his **Trishul**. During **Janaipurnima festival** thousands of pilgrims from Nepal and India visit Gosaikunda. The holy glacial lake of gosaikunda is designed for those who want to feel alpine zone and experience Himalayan and **classic mountain treks**.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Two night accommodation in 2- star category Hotel in Kathmandu (B & B)
- Kathmandu to Dhunche to Kathmandu by local bus
- Trekking permits and TIMS card
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays
- Yoga mat and other gears



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu and transfer to hotel

On your arrival to Kathmandu from Tribhuvan International Airport (TIA), one of the representatives from Visit Mount Pvt. Ltd. welcomed you and takes you to the hotel where you want to stay. Our representative will give you a short brief about our trek. Then, in the evening, we will have 2 hours yoga and meditation session.

### Day 2: Kathmandu to Dhunche by local bus (5 hours)

We will take an early bus for Dhunche Bazaar as well as can hire a private vehicle if you are not comfortable with local buses (in additional cost). Sometimes buses will take more than estimated hours so we will stay at Dhunche in good guest house. After reaching to the hotel, we will have a 2 hours yoga session.

### Day 3: Trek from Dhunche to Chandanbari (5 hours)

We will start our day with 1 hour meditation and yoga session. After having a breakfast, we will start our trek. We will cross mini Gosaikunda in the journey. We can see a beautiful water fall in the way we can take some pictures there. After walking for 3 hours we will reach to Deurali where we will take our lunch with beautiful view of green forest and rhododendron trees. We will head to Chandanbari after having our lunch. We will do meditation session after reaching Chandanbari. We will stay overnight there.

### Day 4: Trek from Chandanbari to Gosainkunda (5 hours)

We will start our trek with a quick 2 hours of yoga meditation. Today we will reach to our final destination that is Gosainkunda. Between the trails, we can see the beautiful forest with greenery, rhododendron, pines etc. We can also witness the Ganesh and Manaslu Mountain through the journey. If you're lucky you can also see red panda. After crossing Cholangpati, Lauribinayak, and Shingompa, we will reach to Gosainkunda. We can see two kunda (lake) Bhairabkunda and Gosainkunda. We have to walk for around 2 hours to see Suryakunda where we will go next day. We will have small yoga session after arriving Gosainkunda. We will stay there for 2 nights.

### Day 5: Rest day at Gosainkunda

Before ascending down, we will take a rest there and explore another lake that is Suryakunda. After having a yoga session we will go to Suryakunda, from there you can see a beautiful sunrise. We will spend some good time there and return to Gosainkunda. We can also take a bath in Gosainkunda. We will have our lunch in Gosainkunda. Gosainkunda is one of the most sacred religious for Hindus so today we will explore Gosainkunda before going descend. We will do our yoga and meditation session in the evening and end our day.

### Day 6: Trek from Gosainkunda to Chandanbari (5 hours)

With 1 hour of meditation before we start our journey down back again. We will return from the same route. We will have our lunch in Lauribinayak. We will return downhill along with the view of peaks of Manaslu and Ganesh. After reaching Chandanbari, we will do 1 hour yoga session. And we will stay overnight here.

### Day 7: Trek from Chandanbari to Dhunche Bazaar (4 hours)



Thamel Chowk, Kathmandu, Nepal  
Tel: +977-9851180916  
E-Mail: [info@visitmount.com](mailto:info@visitmount.com)  
[www.visitmount.com](http://www.visitmount.com)

---

Before we ascend down, we will do our yoga session and have breakfast. We will return to Dhunche Bazaar. We can see flora and fauna in the trail route. After reaching Dhunche, we will explore the place and later on, we will do an hour yoga session. This will be our last trekking day for this journey. We will stay overnight at Dhunche.

#### **Day 8: Drive back to Kathmandu (5 hours)**

Today, we will return to Kathmandu by bus. We can return by local bus or private vehicle whatever you want (with additional cost for private vehicle). We will have our breakfast at hotel. After arriving, we will go for shopping.

#### **Day 9: Final departure from Kathmandu**

On this day, you will get back to your country our representative will drop you at airport.