



## Gosainkunda Via Langtang Valley Trek - 18 Days

Gosainkunda via [Langtang Valley trek](#) is one of the fantastic trekking trails of Langtang Region, The nearest mountain valley to the capital city is Langtang that also passes through the premises of the very first national park of Nepal i.e. Langtang National park. Besides being very close to the city, the lifestyle of the people of this region is influenced by the Tibetan lifestyle. The Langtang is popular with a name like "[The Valley of the Glaciers](#)", "[The yak Valley](#)".

The trail leads to the region which comprises varieties of bamboo forests, rhododendron, snow-capped mountains, glaciers, rivers, diverse flora and fauna, [religious shrines](#) with Tibetan influence, the caravan of yaks, beautiful grazing horses etc. and many more. Gosainkunda Pass trekking is located too close to the Tibetan border. It is a remote valley enclosed by snow-capped mountains that end in the peak of Langtang Lirung. It also offers the splendid mountain views including Langtang Lirung, Dorje lakpa, Gaurishanker, Rolwaling Himalayan range, the Langtang Himalayan range, [Annapurna Himalayan range](#).

The holy [Gosainkunda](#) lake, Tibetan monasteries are the major attractions of this region. The wild animals like mountain Thar, snow leopard, jackal, red panda, rabbit, monkeys have been the centre of attraction among many tourists. The views of snow-capped mountains like [Langtang Lirung](#), [Pemthang RI](#), [Langshisha RI](#), [Dorje Lakpa](#), and [Kangchenpo Tilman's peak](#) seems really mind blowing. All these awesome moments can be achieved in a few days of the trip making the 8-hour ride to Syabrubesi. If you are eagerly looking for doing Langtang region trek then do not hesitate to contact with Visit Mount Treks and Tours to live the nature to closure to your eye.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- Kathmandu to Syabrubesi and Sundaridal to back in Kathmandu by local bus
- Trekking Permit and TIMS card
- 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



## ITINERARY IN DETAIL

### Day 1: Arrival at Kathmandu

On the arrival day, you will be welcomed by one of our office representative as soon as you step your feet at the airport and they will lead to you to the respective hotels.

### Day 2: Kathmandu-Syabrubesi

On the second day we will drive to Syabrubesi which comprises 8 hours of ride through the Trisuli highway. The Trishuli market falls along the mid-way of the journey with plenty of shops, inns and hotels to have snacks or buy anything in case you've forgotten to bring from Kathmandu.

### Day 3: Trek to Timure

On the third day our very first trail trek starts from Syabrubesi heading towards Timure (Setang). It takes us about 5-6 hours of walk through the beautiful nature trail.

### Day 4: Trek to Sherpa gaun

On this day, the trek will lead us through more dense forest, where you can have frequent encounters with wild habitats like langurs, local boars, partridge, mountain ravens and other species. After making few yet exciting climb, we arrive at the final stop for the day- Sherpagaon for the overnight stay.

### Day 5: Trek to Ghodaabela

On the fifth day the trail follows the way to Rimche, then to Lama Hotel and the trail climbs through a forest of hemlock, oaks, maples and rhododendron observing glimpses of Langtang Lirung, reaches to Gumanchok and then climbs to Ghodaabela.

### Day 6: Trek to Langtang

On sixth day the trek leads us to Thyangsyap and further to Langtang and the checkpoint for Langtang National Park. Overnight stay will be in Langtang.

### Day 7: Trekking to Kyanjin Gumba

On the way, we come across various chortens, water-driven Manis, prayer flags. On the mid-way, we will also meet yaks and horses that are very passive and domesticated, opposing to their fierce size and gaze. Kyanjing village is the seat of Kyanjing monastery from where it derived its name and there are plenty of hotels and lodges, most of them having facility of electricity. We can even use telephone facility from one of the inns here.

### Day 8: Acclimatization Day

On this day, we will be doing a short hiking to any of these three hills, Kyanjing Ri, Cherkop Ri, or Yala peak. Or we have other option to visit glacial moraine, Kyanjing monastery, and cheese factory.

### Day 9: Trek to Lama Hotel

On this day with a few hours of playful walk, making snaps of the beautiful valleys, and mountains we will reach back to Lama Hotel.



### **Day 10: Trek to Thulo Syabru**

On tenth day we will follow a new route but with similar dense forest, flora and fauna on this day. The roaring sound of river following from the below will help us focus our self out of the tiredness. We may as well enjoy the hot spring in the place called Pahirol before reaching Thulo Syabru.

### **Day 11: Trek to Sing Gompa**

On this day we will be making quite a short trip to Sing Gompa. It's about 3-4 hours of walk.

### **Day 12: Trek to Gosainkunda**

On this day the trail ascends through the tall fir trees, and to the increasingly panoramic views of the high mountains. Laureninayak is a beautiful place to make a stop for a while before we enter into the barren upper reaches of the Trisuli river where glacial moraines and rockslide have left the strings of half dozen of lakes. Then the most sacred and renowned lakes of the Nepali Hindus "Gosainkunda".

### **Day 13: Excursion day at Gosainkunda**

The divine beauty of the holy lake is the high point of the entire trek. On this day we will be getting a bit of rest and explore the Gosainkunda all day long.

### **Day 14: Trek to Tharepati**

On our trail we shall encounter few more lakes and a temple of Sakyamuni (Lord Buddha). With a slow walk we shall reach Tharepati

### **Day 15: Trek to Kutumsang**

Walking a bit of up and down trail passing rhododendron forest we lead to Kutumsang. It's about 5:30 hours of walk.

### **Day 16: Trek to Chisapani**

Walking for 6 hours from Kutumsang we reach to Chisapani.

### **Day 17: Trek to Sundarijal**

Taking down to Sundarijal a downward trail, we shall be at Sundarijal bus park in about 4 hours of walk and back to Kathmandu by bus .

### **Day 18: Departure**

On this day one of our office representatives will take you to the Airport to say final goodbyes before some hours of flight to go to your native land.