Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Langtang Gosaikunda Pass Trekking Brief Itinerary

Day 1 : Greetings at Kathmandu Airport

Welcome to Kathmandu, the capital of Nepal. A Global Treks & Expedition representative will greet you at the airport and transfer you to your hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office you will be served excellent authentic Nepalese cuisine which will introduce you to the Nepalese food culture. We will go through all your trek itinerary and arrangements with you to ensure every detail is in place or area. We will also ask for your passport photographs and any other details so that we can organize any permits required for your trek and the region you will be exploring.

Day 02 : Kathmandu to Syabrubesi (1,550 M)

Drive from Kathmandu to Syabrubesi by bus via Trisuli Bazaar and Dhunche(popular town). You will witness nice scenery of White Mountains of Mt. Annapurna II, Manasalu, Ganesh Himal and other minor peaks are visible from Kakani (along with the route) and as well as the green scenery of hillock, rivers, village while driving to Syabrubesi. Syabrubesi is an attractive village with large stone houses.

Day 03 : Syabrubesi to Lama Hotel (2,480 M)

Today the trail goes following the raging Langtang stream and that we bit by bit ascent to Horse
From Syabrubesi we begin our trek by following the Langtang River, a river we will be following over the next few days, all the way to the head of the valley. After crossing the suspension bridge, the trails ascent ridge to Paira Lodge and after Paira Lodge, the trails, gradually ascent until to New Bridge and the trail climbs up to Rimche and after 40 minutes, we get then to Lama Hotel. This day, you might feel wilderness and might get the opportunity to see wild animals like monkeys, red Pandas, Himalayan Black Bears etc.

Day 04 : Lama Hotel to Langtang village (3,430 M)

Today the trail goes following the raging Langtang stream and that we bit by bit ascent to Ghoda Tabela (3,030 M) through the Bamboo and Oak forest. The tantalizing glimpse of snow-capped peaks starts appearing along with a fleeting view of Mt. Langtang Lirung (7,244 M) through the trees. The trail leads to a log bridge and on climbing further we come across lush meadows of Ghora Tabela (2,992 M). The trail ascends gradually as the valley opens up into classical U-shaped glacial. Follow the trail across the helipad and yak pastures, climb briefly through rhododendrons and scattered Tamang villages. The trail crosses a stream and climbs past several water-driven mills and prayer wheels to the large settlement of Langtang (3,430 M), headquarter of Langtang National Park. The village has flat-roofed Tibetan style house and elaborately carved driven windows of the upper village are worth exploring. Valley is surrounded by stone walls enclosing fields where buckwheat, potatoes, wheat, turnips, and barley are planted and easy to find yak and the wild goats wondering around you.

Day 5 : Langtang Village to Kyanjin Gompa (3,870 M)

The trail winds through the village and climbs a ridge topped by a large chorten. It then climbs gradually past an impressive Mani wall, crossing a stream to the small village of Mundu (3,442 M). After crossing several small streams with wooden cantilever bridges and moraines, you can finally see the monastery of Kyanjin Gompa and the dramatic ice-fall flowing from the peaks of Langtang Lirung and Kimshung. The surroundings are interesting also because of the famous Government operated Cheese factory. We have a chance to test cheese and curd by Yak milk, it is remarkable of this place. After having lunch, we can explore the area with abundant panoramic views of Langtang Lirung (7,246 M), Genjempol, Kyangjin RI (4,750 M.), Tsergo RI (5,000 M.), Ganja La (5,160 M.), Langshisa- Ri (6,427 M.), Dorje Lhakpa (6,430 M.), Naya Kang (5,844 M.), Yala peak (5,500 M).

Day 6 : Acclimatization / Exploration day in Kyanjin (3,870 M) O/N at the guest house.

Today is the rest and exploration day of the trekking. We visit the monastery and the cheese factory or may walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyanjin Ri (4,350 M) and Tserko Ri (5,000 M), which is the highest point of this trek. Hike easy for a breath-taking panorama of the Langtang Lirung, Langtang range, Kinshung, Yansa Tsenji. We also have options to do a side trip to Langshisa Kharka. There are several alternatives sided trips, the surrounding areas of North having many smaller uninhabited valleys. Spend your night back to the Kyanjin.

Day 7 : Trekking back to Lama Hotel (2,450 M)

Have your breakfast with observing surrounding genetic snowy capped mountains breathtaking view. We will follow the same trail back following the Langtang Khola to Langtang village and on to Ghora Tabela. After having a lunch stop continue steep descent to Lama Hotel. All the way downhill you will see fantastic views of the towering mountain what you have missed on the way up.

Day 08 : Lama Hotel to Thulo Syabru Village (2,210 M)

From Lama Hotel the trail descends till Paira Lodge. Then the trail ascent through the forest after crossing the river, climbing to Syabru Village.

Day 09 : Syabru Village to Sing Gompa (3,210 M/10,528 FT)

Passing Schools and Gompas the trail ascent through the forest of hemlock and oak until trail Dursagang (2,660 M). Then the trail gradually ascent through forest Sing Gompa. Sing Gompa is popular for Yak cheese factory and a Buddhist monastery.

Day 10 : Sing Gompa to Gosaikunda (4,380 M/14,366 FT)

The trail climbs gradually up to Lauirbina Yak (3,920 M). From Lauirbina Yak, you can see panoramic mountain views of Nepal and Tibet Himalayan range. Then continue trek up to a small temple with a statue of Sakyamuni and further climbing you can see good views of Saraswati Kunda and Bhairav Kunda and reach to Gosaikunda.

Day 11 : Gosaikunda to Ghopte (3,440 M/11,283 FT)

The trail leads to the northern side of Gosaikunda Lake and passing three more small lakes; you will reach Laurebina pass (4,610 M/ 15,120 FT). The trail descends to Phedi (3,740 M). We continue to trek to Ghopte with following up and down the trail.

Day 12 : Ghopte to Kutung Sang(2,621 M/8,596 FT)

From Ghopte, the trail ascent from and again trail ascent to Tharepati. The trail descends through fir and rhododendron forest observing the beautiful mountain views of Mt. Dorje Lakpa range on its way to Khutumsang (2,450 M).

Day 13 : Kutung sang to Chisapani(2,194 M/7,196 FT)

The trail descends to the delightful hill village of Gul Bhanjyang. And again trail ascent until Thodang Bettini and we continue to trek down to Pati Bhanjyang (1,860 M) and exploring a Brahman and Chhetri village. Then the trail proceeds to Chisapani.

Day 14 : Chisapani to Kathmandu via Sundarijal.

The route goes forward through the forest of oak and rhododendron and brings you to Borlang Bhanjyang (2,440 M). After we trek down to Mulkharka (1,800 M) from where you can see a spectacular view of Kathmandu valley. Descending through the forest to Sundarijal. And we drive back to Kathmandu by car. O/N at Hotel.

Day 15 : Transfer to Tribhuwan international airport for your final departure.

Global treks & Expedition Team say good bye and take you to the airport to catch your flight back to your home.

Cost include

- • Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- • Standard twin sharing accommodation in a three-star hotel in Kathmandu; Breakfast included. (2 nights)
- • All your standard Meals during the trek (Breakfasts, Lunches, and Dinners).
- • Lodges, Guesthouses accommodation during the trek (12 nights Trekking Guesthouse in twin sharing and occasionally dormitory style).
- • Local GLOBAL TREKS English speaking guide.
- • The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- • Langtang National Park permits and TIMS permit for trekking.
- • Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- • Down Jacket and sleeping bag by Global Treks. (which need to be returned after finish the trek).
- • Transportation Kathmandu to Syabrubeshi to Kathmandu.
- • Surface transfer from Airport and to Kathmandu hotel.
- • Farewell dinner in a typical Nepali Restaurant with cultural dance show on before your departure at your final destination. (On Day 15th).
- • All our government taxes, vat, tourist service charges.
- • Official expenses.

Cost Exclude

- • Lunch and dinner whilst in Kathmandu.
- • Travel insurance covers emergency Rescue and Evacuation.
- • International airfare and airport departure tax.
- • Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying the US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying the US $ 100. Please bring 2 copies of passport size photos).
- • Alcoholic, hot and cold drinks.
- • Personal trekking Equipment (See the trekking equipment page).
- • Tips for trekking staff and driver (Tipping is expected).
- • Any others expenses which are not mentioned on ‘Price Includes’ section.