



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Langtang Gosaikunda Trekking Brief Itinerary

Day 01 : Transportation from Kathmandu (1,350 M) to Syabrubesi (1,550 M) (7/8 Hrs)



After breakfast at Kathmandu hotel, we leave from Kathmandu to Syabrubesi starting pain for Langtang Valley. On the way to enjoy outstanding views of Manaslu, Annapurna & Ganesh Himal. Overnight at Syabrubesi Hotel with including at Dinner.

Day 02 : Syabrubesi to Lama Hotel (2,480 M)

After breakfast at Syabrubesi hotel start your trip for Lama Hotel. On the way to 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. We cross through Oak and rhododendron forests then cross the Langtang Khola. Over night at Lama Hotel with special Dinner.

Days 03 : 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 04 : Langtang Village to Kyanjin Gompa (3,870 M)

The trail winds through the village and climbs a ridge topped by a large corten. 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 icefall 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.), Tsersgo 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 05 : Acclimatization/ Exploration Day in Kyanjin Village

Today is the rest and exploration day of the trekking. We visit the monastery and the cheese factory or

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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 06 : Trek Back From Kyanjin Gompa to Lama Hotel (2,480 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 towering mountain what you have missed on the way up.

Day 07 : Trek Lama Hotel to Thulo Syabru (2,100 M)

Our Trek will Climb up to the Ramche Village from we descend to the banks of the Langtang Khola. From here we continue our Gosaikunda trek via pass the Lama Hotel to Thulo Syabru. It takes 5 to 6 hours of trekking route. We follow the one of that passes by Pahare hotel and a waterfall at 2210 M to reach in Thulo Syabru.

Day 08 : Trek Thulo Syabru to Lauri Binayak (3,810 M)

After Breakfast at hotel, you have to ready for your trek at Laurivinayak. After 7 to 8 hours trek we will be reached in our today destination at Lauri Binayak. Over night at Lauri Binayak with special Dinner.

Day 09 : Trek Lauri Binayak to Gosaikunda (4,380 M)

Today you get to enjoy fantastic panoramic views of the Himalayas including the Annapurna, Manaslu, Ganesh, Himchuli & Langtang. We follow the ridge for the most part of the day and catch a glimpse of the first of the Holy Lakes. The Third Lake Gosaikunda is a popular religious and Cultural Significance for the Nepalese and is one of Nepal's most sought after pilgrimage sites. The Lake is surrounded by mountains on almost all sides and has a great ensemble of nine other lakes to accompany it. Every year during Janai Purnima in August, Hundreds of Hindu Pilgrimages visit the lake for a holy bath. The large rock at the center of the Lake is said to be the remains of a Shiva Shrine. Overnight at Gosaikunda Hotel with Dinner.

Day 10 : Gosaikunda to Sing Gompa (Chandanbari) (3,250 M)

After breakfast at Gosaikunda, we all are trekkers on the way downhill but you will see fantastic views of towering mountain what you have missed on the way up. Overnight at Sing Gompa hotel with dinner.

Day 11 : Sing Gompa to Dhunche (2,200 M)

After Breakfast at Sing Gompa Hotel, we will descend down to the Bamboo village. Continuing further from here, we will be in front of two trails separated; one goes to Dhunche village and of course, we will take the left the latter one. From here the trail starts ascending up through beautiful green forests with distant views village is a pretty village, close to district headquarters; Dhunche has all the minimum facilities for a trekker. Overnight at Dhunche hotel with dinner.

Day 12 : Drive back from Dhunche to Kathmandu (1,350 M)

We will drive back to Kathmandu through the road passing terraces, streams, rivers, local settlements, high hills and along the Trishuli riverside. It takes about 7 to 8 hours (conditional) to reach your hotel in

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Kathmandu. In evening, join a farewell dinner in Nepali typical Restaurant with the memories of your trekking adventure. Have some time for a leisurely stroll over the streets.

Cost include

- Transportation from Kathmandu to Syaprubeshi through private vehicle
- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- All your standard Meals during the trek (Breakfasts, Lunches, and Dinners).
- Lodges, Guesthouses accommodation during the trek (09 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 Syaprubeshi to Kathmandu.
- Surface transfer from Airport to Kathmandu hotel.
- Farewell dinner in a typical Nepali Restaurant with cultural dance show on before your departure at your final destination. (On Day 11th).
- 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 Tribhuvan 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 in the 'Price Includes' section.