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NEPAL CULTURAL AND NATURAL WONDERS TREK

The [Langtang region](#) in Nepal is known for its beautiful landscapes, diverse culture, and sacred lakes, one of which is Gosainkunda. A trek to Gosainkunda is often combined with a tour of the Langtang valley, as the trek takes hikers through the valley, passing by small villages and traditional Tamang settlements. The trek starts with a drive from [Kathmandu](#) to Syabrubesi and then a gradual climb through lush forests and terraced farmlands, passing by rivers, waterfalls, and traditional villages. Along the way, hikers can enjoy panoramic views of the Himalayas, including Langtang Lirung, Ganchempo, and Dorje Lakpa. After reaching Gosainkunda, trekkers can visit the many other glacial lakes in the area, such as Laurebinayak and Bhairab Kunda. The trek to Gosainkunda and Langtang valley is a good choice for those looking for a challenging and rewarding trek in the Himalayas, with the opportunity to explore the traditional culture and experience the natural beauty of Nepal.

Includes

- Traditional welcome on arrival with Nepali scarp or Garland
- Airport to Airport transfers by private vehicle as per the group size
- Vehicle transfer from ([Kathmandu](#)- Syabrubesi) (Dhunchhe-Kathmandu)
- 02 mineral water each day while on a city tour or traveling outside Kathmandu.
- 1- Full day and Half day Kathmandu City sightseeing with the service of a licensed guide.
- 03-nights' accommodation in Kathmandu in a TWN room on a Full board basis
- All meals and accommodation (Breakfast, Lunch, and Dinner) included in Kathmandu and in Trekking

- Necessary Trek guide and Porters for Trekking in the Langtang region
- Welcome and Farewell dinner in Kathmandu
- Monumental areas entrance fees while sightseeing Tours in Kathmandu
- Necessary Permits for the Langtang and Gosaikunda trek
- Applicable 24.3% Govt Taxes
- Fulltime assistance

Excludes

- International Air ticket
- Nepal Entry Visa Fee
- Travel Insurance with coverage for Covid19
- Meals except those mentioned above
- Expenses of a Personal Nature i.e. beverages, and other services except those mentioned in the itinerary
- TIPs, Donations, and gratuities

Itinerary

Day 1: Arrival in Kathmandu

Arrive at Tribhuvan International Airport [Kathmandu](#) and you will be transferred to the hotel for staying overnight. Late-night welcome dinner at a Nepali restaurant. Enjoy your dinner with Going Nepal crews and brief about the program also prepare for your trek to Langtang valley.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

Day 2: Drive to Sybrubesi

Breakfast at the hotel and check out. Our vehicle will be standing outside the hotel. we take a drive to Syabrubesi. The journey by private car takes about 7-8 hours. Kathmandu via Trishuli to Dhunche 1950m. From Trishuli to Syabrubesi is a rough road sometimes monsoon roads will block. Overnight at guesthouse.

- Elevation of Sybrubesi: 1462m/4796ft
- Transportation: Private vehicle
- Driving distance: 150km/7-8hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 3: Trek from Sybrubesi to Lama Hotel

Today, the first part of the trail crosses through Bhote Koshi and follows the Langtang Khola. This trail gradually ascends up to Bamboo passing through Landslide. Afterward, your trek ascends gently to Rimche (2400 meters) through Bamboo (1960 meters) which lies at the bank of Langtang Khola. You can have lunch at this place if you like and, in the end, your trail is level to the Lama Hotel. En route, you could see red pandas, and monkeys if you are lucky. Overnight at guesthouse.

- Elevation of Lama Hotel: 2500m/8202ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 4: Trek from Lama Hotel to Langtang Village

From the lama hotel, we continue gently ascending above the Langtang Khola. As the trail progresses, it becomes steeper. From time and again we can have the most exotic sights of Langtang Lirung lying at 7246 meters. The trail leads to a log bridge and on climbing further we come across lush meadows of Ghora Tabela at 2992m. We will see several lodges and a police check post. Further on, the route opens up into a wide valley of yak pastures and scattered Tamang villages showcasing water-driven mills and prayer wheels. On descending for a while, we arrive at Langtang village after crossing a stream and reaching a height of 3430 meters. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan-style houses, hotels, and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley, etc. Overnight at guesthouse.

- Elevation of Langtang Village: 3307m/10849ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 5: Trek from Langtang Village to Kyanjing Gompa

The trail skirts gradually through rich yak pastures and interesting traditional villages of Muna to Singdun. We cross a wooden cantilever bridge and reach a wide valley after climbing a moraine. Finally, on ascending along with the mountain passes we arrive at Kyanjing Gompa. There are a small monastery and a government-operated cheese factory. Overnight at guesthouse.

- Elevation of Kyanjing Gompa: 3798m/12460ft
- Trek duration: 4/5hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 6: Exploration day in Kyanjing Gompa

Today you can rest or explore the area. You can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri directly behind the village, for a breath-taking panorama of the Langtang peaks.

Day 7: Trek from Kyanjing Gompa to Lama Hotel

All day we will descend toward Lama Hotel via the same trail through which we hike yesterday. Taking a few breaks at a specific spot from where we can view the mountain, we will continue descending toward Lama Hotel overnight. Overnight at lama hotel.

- Elevation of Lama Hotel: 2340m/7675ft
- Trek duration: 5/6hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 8: Trek from Lama Hotel to Thulo Syabru

Breakfast at the hotel and start your trek to Thulo Syabru. You are taking a hike downhill from Lama Hotel to Bamboo and Pahirol Thapla, the next hour and a half is a steep, difficult, and stressful tilt to get to the peak. A very little tea shop at this peak offers soft drinks, tea, and a few snacks that can make people feel relaxed. The viewpoint provides a stunning view of Ganesh Himal, Langtang, and other nearby mountains. For about an hour, this is mainly a gentle uphill, not a tough walk that leads to Thulo Syapru where we rest for the evening.

- Elevation of Thulo Syabru: 2200 m
- Trek duration: 4/5 hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 9: Trek from Thulo Syabru to Lauri Binayak

Breakfast at the tea house and start your way to Lauri Binayak. Leaving Thulo Syabru, follow the path ascending to Gosaikunda. The path is uphill for most of the day. After two hours of climbing, we shall reach Chandan Bari. Here, have a rest and explore the Cheese factory. Afterward, start ascending for another 2-3 hours to finally reach Lauri Binayak. After reaching Lauri Binayak check in at the tea house and rest for the day. Dinner and overnight at the Tea house.

- Elevation of Lauri Binayak: 3920 m
- Trek duration: 4/5 hrs.
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 10: Trek from Lauri Binayak to Gosaikunda

Breakfast and start trekking to Gosaikunda. The trail from Lauri Binayak to Gosaikunda is very scenic. As we ascend, we shall see the mountains getting closer and the ocean of clouds below. On reaching Buddhist Gompa, the trail is a bit easier with regular ups and downs. After hiking for some time, we shall get the first glimpse of Saraswati Kunda. It is one of 108 lakes around Gosaikunda. We also explore Bhairav Kunda or Naag Kunda. Later, we shall reach the Gosaikunda village beside the Gosaikunda Lake. Gosaikunda is a holy site for Buddhist and Hindu pilgrims. Hundreds of pilgrims travel here to take a holy bath and worship during the full moon of August.

- Elevation of Gosaikunda: 4380 m
- Trek duration: 3-4 hrs.
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 11: Trek from Gosaikunda to Dhunche

From Gosaikunda, you will follow the Trishuli Khola river and pass through small villages and forests as you make your way back to the village of Dhunche. The trail continues through more forests and small villages, with views of the Langtang Lirung and other peaks in the distance. As you approach Dhunche, you will pass through terraced fields and cross several small streams.

- Elevation of Dhunche: 2,030 m (6,660 ft)
- Trek duration: 6-7 hrs.
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

Day 12: Drive from Dhunche to Kathmandu

Breakfast and check out from the hotel. Drive to Kathmandu. The journey by car from Dhunche to Pokhara is likely to take around 4-5 hours, depending on traffic and road conditions. Enjoy the scenic ride to Kathmandu city. As soon as you reach Kathmandu, directly check in to the hotel, rest, and refresh. Dinner and overnight at the hotel.

- Elevation of Kathmandu: 1300m
- Transportation: 4x4 Jeep
- Driving distance: 4-5 Hours
- Meal plan: AP (Breakfast, Lunch, and Dinner)

Day 13: Full-day Kathmandu city tour

Breakfast and proceed to the Kathmandu city tour. Our Guide will be there to pick you up and show you around Kathmandu. First, you will see [Pashupatinath Temple](#): The temple lies 5 km to the east of the city center. Located on the banks of the sacred Bagmati River, this temple is the most revered Hindu temple in Nepal. Bagmati River is actually an extremely sacred river; Pashupatinath is the Nepali equivalent of Varanasi on the sacred River Ganges. The cremation Ghats along the Bagmati river city's most important location for open-air cremations. Fire is burned here day and night. The main temple is only open to Hindus; Non-Hindus can observe the area from another side of the Bagmati River. Afterward visit [Boudhanath](#): the world's largest stupa. Boudhanath is the center of Tibetan culture in Nepal. The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. The stupa is located in the area of the ancient trade route to Tibet where Tibetan merchants rested and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. Hence, a complete township has developed around Boudhanath.

After visiting here drive to [Bhaktapur Durbar Square](#)- Spread over an area of 6.88 sq. km, Bhaktapur or Bhadgaon showcases the splendor of the Golden Age of Nepali art and architecture. Built by King Anand Dev Malla in the 9th century, the city was declared a UNESCO World Heritage Site in 1979. It has remained a model for heritage conservation since then. At the Bhaktapur Durbar Square, you will find many fine examples of sculpture, woodcarving, and pagodas dedicated to different gods and goddesses – the Nyatapole & Dattatray Temples, Golden Gate, Palace of 55 windows, etc. We will stop here for a lunch and also you can try the famous dish from Bhaktapur called 'Ju Ju dhau' which is basically a curd also known as King curd.

After refreshments and lunch drive towards the hotel. Check-in and rest. Later Farewell Dinner in a typical Nepali restaurant or hotel and overnight at the hotel.

Day 14: Departure

Breakfast and check out from the hotel. You'll be transferred to the International Airport for your departure flight to your onward destination.

- Transportation: Private car
- Driving duration: 20-30 min
- Meal: Breakfast

Highlights

- Scenic and rough drive to Syabrubesi
- The Langtang National Park, which is home to a variety of flora and fauna, including the endangered red panda.
- The village of Langtang, which was completely destroyed by the 2015 earthquake but has since been rebuilt and offers a unique insight into the lives of the Tamang people settled there.
- The opportunity to visit the Langtang Lirung Glacier, which is one of the closest glaciers to Kathmandu.
- Trekking through the deep and very thick forest of Langtang river valley, animals can be seen here such as Himalayan Thar, monkey, red panda, and so on
- Magnificent view of Mt. Langtang Lirung (7246m), Gang Chhenpo (6388m), Naya Kangri (5846m), Dorje Lakpa (6966m), and many other peaks

- Friendly and very hospitable Tamang people of Langtang
- Hindu holy lake Gosaikunda, Bhairav Kunda, Saraswati Kunda, and many other lakes
- Very peaceful environment

Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions
- Travelers should have a moderate physical fitness level
- This is a private tour/activity. Only your group will participate

Things to know

- **Physical Fitness:** Trekking to Gosainkunda is considered to be a moderate to challenging trek, and it is important to be in good physical shape before embarking on the journey. It is recommended to train and exercise regularly before the trek, especially if you are not used to strenuous activities.
- **Altitude:** The trek takes you to an altitude of over 4,000 meters (13,000 feet) above sea level, so it is important to be aware of the symptoms of altitude sickness, such as headaches, nausea, and shortness of breath. It is also important to acclimatize properly to prevent altitude sickness.
- **Weather:** The weather in the Langtang region can change quickly, and it is important to be prepared for both hot and cold temperatures. It can be warm and sunny during the day, but cold and windy at night, so it is important to bring appropriate clothing and gear.
- **Permits:** To trek in Langtang National Park and visit Gosainkunda, you will need to obtain a TIMS card and Langtang National Park permit. These permits can be obtained in Kathmandu before the trek, or in Syabrubesi on the first day of the trek.

- **Guide and Porter:** It is recommended to hire a guide and a porter for trekking in the Langtang region. The guide will help you navigate the trail, provide information about the culture and history of the area, and also help you with the permits. The porter will carry your heavy backpack, allowing you to focus on trekking.
- **Insurance:** Make sure to have valid travel insurance covering medical and emergency evacuation before the trek. In remote areas like Langtang, it is important to be prepared for unexpected situations.
- **Respect the culture and environment:** Langtang region is rich in culture, customs and beliefs. Respect the local traditions and culture, avoid litter and be eco-friendly.