

## Overview

Langtang Gosaikunda Trek to the high and isolated Langtang Valley via thrilling Lauribina La Pass (4610m) then to the magical holy Gosaikunda Lake and down to Syabru village inhabited by welcoming and culturally rich Tamang people, their religious practices, language, and dress are very similar to those of Tibet than to traditions of their cousins in the middle hills. The area is famous for its pleasant local, unique tradition, Buddhist monasteries, and monuments along the way, and spectacular Mountain View. The trek first goes to charming Langtang Valley following the river upstream through the forest of pine, bamboo, and rhododendrons, uphill through pastures to arrive at the alpine meadows of Kyanjin Gumpa where you will get an exceptional Mountain View just a stone's throw from the Tibetan Border.

The region is also home to Himalayan honeyguides, mountain pheasant, musk deer, and snow leopards. The upper Langtang Valley is one of the few known breeding grounds of the ibis bills besides the Tibetan snow cock and snow partridge. Like other Himalayan nature parks, Langtang has to be explored on foot. There are several possible trails to choose from depending on your favorite and the time available. As per our Guide in Himalaya original version of the itinerary, this trek starts with a day bus/jeep ride from Kathmandu to Syabrubesi. Many people start this trek from Sundarjal via Shivapuri Nagarjuna National Park and cross over Lauribina Pass then get to the beautiful glacial Gosaikunda Lakes. Then trek to Langtang Valley; which is easily accessed from Syabrubesi and can be reached in four days of easy hiking if you are starting from Syabrubesi; Once above Langtang village and the monastery at Kyangjin, Langtang is inhabited by people of Tibetan descent whereas the villagers of Dhunche, Bharkhu and Syabru further down are home to the Tamangs of Nepal's middle hills.

Regarding the itinerary this trek will be 11 to 13 days long depending on your level of fitness and places of interest or day hiking destinations you would like to include. Many trekkers spend stay 2 days at Kyanjin and make an excursion to explore the high valley of Langshisa Kharka, and [Tsergo Ri](#) which offers a stunning view of the high Himalayas. This trek is open till December and many treks through if the Lauribina Pass is open depending on winter weather that may cause snowfall. We organize value-for-money Langtang Gosaikunda Trek Packages. Kindly read our Client Review they are happy with our service. For more detail please kindly write your Guide in Himalaya in Nepal. Namaste!!

## Outline Itinerary

**Day 01 : Kathmandu - Syabru Bensi (1470m) approx. 7-8 hours drive**

**Day 02 : Trek to Sherpa Gaun (2324m), 5-6 hours walk.**

**Day 03 : Trek to Langtang (3330m), 5-6 hours walk.**

**Day 04 : Trek to Kyanjin Gompa (3870m) 3-4 hours walk.**

**Day 05 : Excursion Tsergo-Ri 4985m**

**Day 06 : Trek to Lama Hotel (2324m); 6-7 hours walk.**

**Day 07 : Trek to Thulo Syabru (2260m) 5-6 hours walk.**

**Day 08 : Trek to Sing Gompa; (3330m) 4 hours walk.**

**Day 09 : Trek to Gosain Kunda (4400m), 4-5hours walk.**

**Day 10 : Excursion day around Gosain Kunda**

**Day 11 : Trek to Dhunche (1950m), 7-8 hours walk.**

**Day 12 : Drive to Kathmandu, 5-6 hours drive.**

### **Cost Includes**

- An experienced registered English speaking local friendly trekking guide.
- Assistant guides to take care of the group/porters if group size is more than 6 pax.
- 1 Sharing high altitude porter for 2 travellers to carry your luggage (weight limit 25kg)
- Teahouse and lodge accommodation on twin sharing bed room during the trekking
- 3 meals (breakfast, lunch and dinner) during the trekking.
- Hot table drinks (tea, coffee, hot chocolate) during the trek on cup basis.
- Cookies and seasonal fresh fruits during the trip.
- Group first aid kit and water purifier.
- Kathmandu - Syabrubesi - Dhunche - Kathmandu by 4WD local jeep.
- All other ground transportations during the trip in Nepal.
- Food, accommodation, salary and insurance of your guide and porters.
- Langtang National Park entrance fees and TIMS Card.
- Porters to carry all personal and group equipment and porters insurance.
- All government taxes, vat and office service charges.

### **Cost Excludes**

- Accommodation, meals and transfers in Kathmandu
- Guided sightseeng and monuments entrance fees in Kathmandu
- Lunch and dinner except farewell dinner in Kathmandu
- Guided sightseeing in Kathmandu, we organize on request.
- All bar bills, beverages such as coke, fanta, mineral water
- Hot shower and hot water, laundry and toiletries.
- Personal insurance, internet, phone calls

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- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide, porter and driver.