

NEPAL TREKKING: LANGTANG VALLEYS

HNTR # 7: GOSAINKUNDA TREK

Itinerary:

Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

Day 02:

Kathmandu city sightseeing (1,315 m)

Today we explore the Kathmandu valley

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Kathmandu to Syabrubesi (2,000 m)

We have an early departure for the 7 hour drive to our starting point at the foot of the Langtang Valley. The road takes a spectacular route, climbing high over the ridges to escape the Kathmandu Valley and providing us with a superb panorama of the Himalayan Range, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region that we will soon become better acquainted with.

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Day 04:

Trek to Lama Hotel
(2,748 m)

Our trail initially crosses the Bhote Kosi, flowing down from Tibet, which is literally only a few kilometres away. We then gradually climb up through the sub-tropical forests, teeming with bird-life, to join the trail from Syabru. We follow the river, climbing through uninhabited forest of oak and rhododendron and maybe catching a glimpse of langur monkeys roaming through the trees. We continue climbing along a steep trail to our camp in the forest.



Day 05:

Trek to Langtang village (3,500 m)

As we continue climbing today there are occasional glimpses of Langtang Lirung between the trees. At Ghora Tabela (3,000 m), the trail emerges from the forest. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. There is a monastery which we can visit shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park. The houses of Langtang and its neighbouring villages are of the flat-roofed Tibetan style, surrounded by stone walls enclosing fields of buckwheat, potatoes, wheat, turnips and barley.

Day 06:

Trek to Kyangjin (3,800 m)

The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. Here there is a small monastery and a government-operated cheese factory. We should arrive at Kyangjin by lunch time allowing time to acclimatise and explore the area. It is a dramatic setting, with snow covered peaks surrounding us in all directions.

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Day 07:

Trek to Lama hotel
(2,784 m)

From Kyangjin we retrace our route, following the Langtang Khola to Langtang village and on to Ghora Tabela. After lunch we continue the steep descent to Lama Hotel.



Day 08:

Trek to Thulo Sybru (2,250 m) : 5.30 hours

Today is easy day of trekking, while going down you will see huge waterfalls. You will have lunch in Bamboo. Syabru is very beautiful Tamang majority village with good views of Ganesh Himal and Tibetan mountains. Overnight at guest house

Day 09:

Trek to Singompa (3,250 m) : 5 hours

This Day, The trails from Thulo Syabru to Foprang Danda (3,200 m) follows a steep ascent path passing through Dursagang (2,660 m) along with the views of Langtang Himal, Ganesh Himal, Hemlock and forests. Now the path gently ascends for a while then it follows a flat level to Sing Gompa. There is a well managed local cheese factory and a Buddhist Monastery.

Day 10:

Trek to Gosaikunda (4,300 m) : 5 hours

Today, the first part of the trail emerges and we steadily climb up to Lauribinayak and the top of Lauribinayak gives you an exotic feeling. With a steep ascent all the way to Gosaikunda. You follow a rugged trail with dramatic views to the Manaslu range, Ganesh Himal range, Tibetan peaks and Langtang Lirung. On a clear day, even the Annapurna range can be seen rising up behind and to the north also across the valley is Langtang Lirung. You pass a few huts in the high pasture of Laurebinayak, cross a small ridge and have your first views of the holy lake of Gosaikunda. There are about a dozen lakes in the Gosainkunda Basin the main three being Saraswatikunda, Bhairabkunda and Gosainkunda.

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Day 11:

Cross over the Laurebina Yak pass (4,610 m) then trek to Ghopte (3,430 m) : 6 hours

This day, the trail leaves Gosaikund and climbs through rugged country, past four small lakes to the Laurebina La (4,610 m), the highest point of this trek. Keep looking back at the spectacular views of

Manaslu and the mountains of the Ganesh Himal, as well as the now familiar Langtang Lirung. You then descend steeply to camp near Gopte.



Day 12:

Trek to Melamchi Gaon via Tharepati Pass (3,490 m) : 6 hours

In this day, the first part of the trail slightly descends and then begins to ascend through the rhododendron forests until Tharepati and then your trek goes in descending order. Before climbing to Tharepati, a group of herders' huts at 3579meters you cross a stream after coming through rhododendron, oak and juniper forests. From Tharepati the trail gradually descends through pine and rhododendron forest with good views down into the Helambu valley and across to Jugal Himal and Numbur in the Solu Khumbu. Melamchi Gaon is surrounded by beautiful forests, which is mainly inhabited by Sherpa people with their distinctive culture & some Buddhist monasteries. Overnight at guest house

Day 13:

Trek to Tarkeghyang (2,743 m) : 5.30 hours

The early part of the trek descends until you cross the stream named as Melamchi. Now you trek gently up to Tarkeghyang passing through Sherpa settlements. Tarkeghyang is a beautiful Sherpa village with one of the oldest and biggest monasteries. Overnight at guest house

Day 14:

Trek to Shermathang (2,621 m) : 5.30 hours

Today the trail is quite easy through flat land with beautiful forests on the way. You trek on crossing some small streams on the way. Situated in a beautiful village on the half way to Shermathang. Shermathang is another pretty Sherpa village where you can visit many ancient monasteries. There you can see Jugal Himal range at the north face of Shermathang village. Overnight at guest house

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Day 15:

Trek to Melamchi Pul Bazaar (8,46 m) : 5 hours

The trail gradually descends all the way to Melamchi Pul Bazaar through meadows and cultivated fields.

Along the way, you come across several old villages with their own particular traditions. Walking today is quite pleasant with mountain views and the possibility of interacting with locals as they are friendly people. Overnight at guest house.



Day 16:

Drive from Melamchi Pul Bazaar to Kathmandu : 4 hours

You travel through a gravel and bumpy path up to Lamidanda and then follow the pitched road up to Kathmandu Transfer to Royal Penguin Boutique Hotel.

Day 17:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!!



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Package Cost:

1 pax: US \$ 2200

2 – 4 pax: US \$ 1900

5 – 8 pax: US \$ 1650

9+ pax: US \$ 1450

Single Supplement:

US \$ 280 per person

Hotels:

Kathmandu:

Royal Penguin Boutique Hotel



In the tour it is also possible to take **1 hr mountain flight to Everest.**

SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All sightseeing by deluxe vehicle with guide
- National Park entry fee & TIMS permit
- Accommodation (in lodges along the way)
- Food: 3 meals a day (provided from the menu)
- Tea / Coffee 3 times a day
- Sightseeing entrance fees
- A good English speaking Sherpa guide & porter/s
- Essential equipment like trekking stick, sleeping bag, dawn jacket, water bottle, rain poncho
- First Aid Kit Bag
- Insurance for Staff

SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu
- All bar bills, Laundry, Tips
- Any extra cost due to weather or political problem

