Gosaikunda Lake Trek

Duration: 10 Days | Location: Langtang Region, Nepal



Trip at a glance

Category: Langtang Region

Location: Langtang Region, Nepal

Duration: 10 Days

Difficulty: 8/10

Start From: Kathmandu

Ending Point: Gosaikunda

Trip Style: Gosaikunda Lake Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 4300 m

Group: Min-1, Max 20

Summary

Gosainkunda lake trek is one of the best trekking in langtang region. Gosiankunda lake is situated at 4380m. Bhairab kunda and Gosainkunda are major lake.

Overview

Trip Introduction

The Gosaikunda Lake Trek is Part of the western Rasuwa District Nepal. is a very famous holy lake for the Hindus and the Buddhists, Thousands of Hindu pilgrims visit the lake every year during the full- moon festival in August.In Hindu mythology Gosaikunda is the abode of the gods Shiva and Gauri. To save the universe from this poison, Lord Shiva drank it scaring his throat blue in the process. Langtang Valley Trek

The Gosainkunda lake trek is one of the best trekking points in Langtang region to trek throughout the year. There is are no any difficulty season in this trekking trail and it is situated at the altitude of 4380 m. and it is said that there is 108 lake in this area but you will be able to see a maximum of 7-8 lakes through your naked eyes which fall on the way of trekking trail.The waters are considered of particular significance during the Janai Purnima festival at the full moon in August, when thousands of pilgrims gather.

The Gosaikunda Lake trek discovers the lakes and mountains of the area as well as following ridges, crossing ravines and suspension bridges, winding through rhododendron, oak and pine forests, and provides an insight into how the people of this area live. For people who have a fascination for culture and mythology as well as a passion for mountains and nature but don’t want to trek at high altitude, this is the perfect trip! This region have good tea house facilities to stay and to keep you warm during the night and the beautiful scene of Gosainkunda, Bhairab Kunda, Parbati Kunda, Surya Kunda etc makes your trip awesome. Everest

There are many trekking destinations in this Langtang region leaving Gosainkunda Lake trek behind like. Helambu langtang ruby valley trek etc.

Day by day itinerary

Trip Itinerary

Day 01: Arrival Kathmandu and transfer to hotel.

Day 02: Drive to DHUNCHE (117 km/7-8 hours: Drive by bus. (1950m) – Lodge (B/L/D).

Day 03: Trek to Sing Gompa (3584m) – Lodge (B/L/D).

Day 04: Trek to Gosainkund (4381m) – Lodge (B/L/D).

Day 05: Crossing Lauribinayak Pass (4609m) and trek to Ghopte (3430m) – Lodge (B/L/D).

Day 06: Trek to Tharepati (3600m) – Lodge (B/L/D).

Day 07: Trek to Gul Bhanjyang (2492m) – Lodge (B/L/D).

Day 08: Trek to Chisopani (2194m) – Lodge (B/L/D).

Day 09: Trek to Sundarijal (1463M), drive to Kathmandu (13 km/30 minutes: Drive by bus).

Day 10: Final Departure, transfer to airport.

Package: Standard Package

$500

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holder.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).

- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Trek daily wages, Guide and poter while trekking.
- Accommodation in tea house or lodge.
- First aid kit.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have

suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.

- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 10 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Gosaikunda Lake Trek.

Highest Altitude of the trek: 4300 m.

Highest Point: Gosaikunda Lake Trek (4300 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page



Gosaikunda Lake Trek - photo 2

View photo on the trip page

Plan your journey with our team

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