Gosaikunda Yoga Trek

Duration: 10 Days | Location: Langtang Region, Nepal



Trip at a glance

Category: Mount Langtang

Location: Langtang Region, Nepal

Duration: 10 Days

Difficulty: 8/10

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

Gosaikunda Yoga Trek/The Gosaikunda Lake Yoga Trek is Part of the western Rasuwa District Nepal.Nepal has long tradition of practicing Yoga Trek Nepal Trip/

Overview

Trip Introduction

The Gosaikunda Lake Yoga Trek is Part of the western Rasuwa District Nepal. is one the famous trekking in Langtang region. It lies in the northern part of Nepal. Nepal has long tradition of practicing Yoga Trek. Traditionally spiritual uplift than for physical well being as in the modern world. This Yoga trek provides excellent views of snow-capped mountains, picturesque valley and a glimpse of exotic 108 holy lakes with diverse ethnic culture.The three-week tour covers Langtang, Gosaikunda, and Helambu valley trek.

Gosainkunda lake Yoga 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 Yoga trek course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge.You can practice on your own once you follow it under the guidance of an expert teacher.

After that you will relax in beautiful lake town of Gosikunda for a couple of days , join a scenic two day hike. Otherwise one may have adverse effect. 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.The rock mountain towering all side of the lakes makes you feel more exciting and like a breathtaking wow

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

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

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

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



Gosaikunda Yoga Trek - photo 1



Gosaikunda Yoga Trek - photo 2

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking