



Trip: Langtang – Gosainkunda Trek

Url: <https://www.megaadventuresintl.com/trip/langtang-gosainkunda-trek/>

## Overview

Langtang is a narrow sandwiched valley, north from Kathmandu. The small valley bordering with Tibet in north and small snowy peaks in the south. Tamang is the main indigenous community inhabitant in this region, whose religious practice, dresses and language is close to Tibetan culture rather than their own fellow of mid hills. MAI run Langtang Gosainkunda Trekking every year in spring and fall.

According to local language the word “Langtang has its own meaning. The name Langtang comes from Tibetan language, where ‘Lang’ Yak and ‘Teng’ mean – to follow. Yet trekkers can encounter with yak in upper valley in Langtang.

Langtang Gosainkunda Trekking offers one of the best opportunity to explore the culturally rich Tamang village, different snow covered peak and visit glaciers comparatively in low elevation. The valley is patrolling by Mt. Langtang Lirung (7,246m) to the north, Gang Chhenpo (6,388m) and trekking peak Naya Kangri (5,846m) to the south and Dorge Lakpa (6,966m) to the east. To protect the flora and fauna, the valley was declared as National Park by Nepal government in 1976.

Langtang Gosainkunda Trekking has famous pilgrimage site called Gosainkunda Lake. The Gosainkunda area has been delineated as a religious site.

Hindu mythology attributes Gosainkunda as the abode of Hindu deities Lord Shiva and Goddess Gauri. The Hindu scriptures Bhagavata Purana and Vishnu Purana, and the Hindu epics Ramayana and Mahabharata refer to Samudra manthan, which is directly related to the origin of Gosainkunda. Its holy waters are considered of particular significance during Gangadashahara and the sacred thread festival Janai Purnima when thousands of pilgrims from Nepal and India visit the area. Gosainkunda is believed to have formed from the digging of the land by the Trishul (holy three-pointed sword) of lord Shiva after he drank the poison from Samudra manthan and desperately wanted cold water to quench the overwhelming heat.

### Highlights of the trek

- Visit world heritage site.
- Visiting Langtang village & Kyangjin Gompa.
- Amazing view of mountain from top of the Kyangjin Ri, Ganesh Himal, Lang Sisa etc.
- Panoramic views of 10 peaks over 6000 m.

**Arrival City** Kathmandu

**Departure City** Kathmandu

**Price Per Person**

\$1,450.00

**Duration** 16

days

**Trekking Days** 12

days

**Difficulty** Easy-Medium

**Max Elevation** 4460m/14633ft

**Primary Activities**

Trekking

**Best Season** March, April, May, September, October & November.

**Trip Route**

Syabrubesi, Lama Hotel, Langtang Village, Kyanjin Gompa, Gosainkunda & Sundarikal

**Includes**

- All necessary airport arrival departure and land transport as per the itinerary.
- Hotel in Kathmandu 43 nights in normal nice hotel in BB Plan – twin share basis.
- Transportation , entry permit and guide fee during city tour.
- Private transportation from Kathmandu – Syabrubesi.
- Private transportation from Sundarikal to Kathmandu.
- Tea house trekking with Breakfast, Lunch, Dinner and accommodation.
- Professional English speaking Trekking Guide and his/ her salary.
- Porter to carry the luggage and his salary.
- Trekking permit (TIMS).
- Langtang National Park permits.
- First aid kit.
- Farewell dinner.
- Insurance for Nepali staffs.

### Excludes

- Lunch and dinner in Kathmandu.
- Drinking water, Beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs.
- Personal expenses and extra services beyond itinerary.

### Itinerary

- Day 01 : Arrived in Kathmandu. MAI representative will pick up you in the airport and transfer to hotel.
- Day 02 : Half day sightseeing and preparation day for trek.
- Day 03 : Early in the morning drive from Kathmandu to Syabrubesi (1,462m)
- Day 04 : Trek from Syabrubesi to Lama Hotel (2,500m)
- Day 05 : Trek from Lama Hotel to Langtang (3,430m)
- Day 06 : Trek from Langtang to Kyanjin Gomba (3,730m)
- Day 07 : Exploring around Kanjin Gomba
- Day 08 : Trek from Kyanjin Gomba to Lama Hotel (2,340m)
- Day 09 : Trek from Lama Hotel to Thulo Syabru (2,210m)
- Day 10 : Trek from Thulo Syabru to Sing Gomba (3,330m)
- Day 11 : Trek from Sing Gomba to Gosaikunda (4,460m)
- Day 12 : Trek from Gosaikunda to Ghopte.
- Day 13 : Trek from Ghopte to Kutumsang (2,446m)
- Day 14 : Trek from Kutumsang to Chisapani (2,170m)
- Day 15 : Trek from Chisapani to Sundarikal then drive to Kathmandu/ farewell dinner
- Day 16 : Departure from Kathmandu

### Testimonials

#### **They were reliable, timely, organized and above all fun!**

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide

taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA