

# 14 Days Langtang Gosainkunda trek

## TRIP OVERVIEW



**Trip profile**  
14 Day Langtang Gosainkunda trek



**Cost**  
USD 1690



**Type**  
Trekking



**Trek Days**  
14 Days



**Accommodation**  
3 star hotel in Kathmandu and Teahouse during trek



**Meal**  
All meals (breakfast, lunch, dinner) included

## What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All meals on trek including tea and coffee
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking and government-licensed trekking Guide
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Free Trip dossiers & other information in a printable format
- Kathmandu airport transfers and escorts
- Medical kit (carried by your guide)
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, food and accommodation
- Trek staff and full portorage
- Welcome and farewell dinner at finest local restaurant

## What's excluded ?

- International airfare to and from Kathmandu
- Nepal arrival visa (USD25 for 15 days and USD40 for 30 days in Cash) and two passport photographs
- Optional trips and sightseeing if extended
- Tipping to staffs (as an appreciation)
- Your travel insurance that covers Helicopter evacuation as well as medical expenses and trip cancellation.

## Day 1: Arrival in Kathmandu (1,300m)

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

**Highlights:** Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

**Accommodation:** Kathmandu 4 star hotel.

**Elevation:** 1,400 metres (4,600 feet)

## Day 2: Kathmandu valley sightseeing & trek preparation

**Highlights:** Any 4 World Heritage sites:

**Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square**

**Accommodation:** 4-star Hotel

## Day 3: Drive from Kathmandu to Syabrubesi

**Walking hours:** 8-9

**Difficulty:** Easy

**Accommodation:** Basic Teahouse

**Elevation:** 1,550m

**Topography:** countryside paths, Green Hills

**Highlights:** Smooth ride, rivers, hills

**Meals provided:** Breakfast, Lunch, Dinner

## Day 4: Trek from Syabrubesi to Lama Hotel

**Walking hours:** 5

**Difficulty:** Easy/moderate.

**Accommodation:** Basic Teahouse or Homestays

**Elevation:** 2500m

**Topography:** Gentle inclines, riverbank trails, forest tracks, river crossings

**Highlights:** Langtang Khola, Bhote Koshi River, rhododendron forests

**Meals provided:** Breakfast, Lunch, Dinner

## Day 5: Trek to Langtang village

**Walking hours:** 6-7

**Difficulty:** Moderate/Strenuous

**Accommodation:** Basic Teahouse or Homestays

**Elevation:** 3,430m

**Topography:** Forest lands, Rocky trail

**Highlights:** lush forest, Langtang village, water mills, prayer wheels and chortens, views-Langtang Lirung

**Meals provided:** Breakfast, Lunch, Dinner

## Day 6: Trek from Langtang village to Kyanjing Gompa

**Walking hours:** 4

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse Or Homestays

**Elevation:** 3,870m

**Topography:** uphill climbs, bridge crossings, walk through yak pastures

**Highlights:** largest mani wall in Nepal, Kyanjin Gompa, glaciers, icefalls, mountain views

**Meals provided:** Breakfast, Lunch, Dinner

## Day 7: Rest day at Kyanjin Gompa

Today is acclimatization day so we take a warmup hike to cheese factory up to Tsego-Ri or **Kyanjin RI** at above 4,700m.

You'll definitely enjoy the stunning panorama of snow-capped mountains.

## Day 8: Trek back to Lama Hotel

**Walking hours:** 6

**Difficulty:** Easy/Moderate

**Accommodation:** Basic Teahouse Or Homestays

**Elevation:** 2500m

**Topography:** Gentle descents, riverbank trails, forests

**Highlights:** Pine forests, terraced farm fields, rhododendrons, oaks forest.

**Meals provided:** Breakfast, Lunch, Dinner

## Day 9: Lama Hotel to Thulo Syabru Village

**Walking hours:** 6

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse Or Homestays

**Elevation:** 2260 m

**Topography:** Uphill & downhill climbs, steep inclines, forested lands

**Highlights:** Tamang village, monasteries, stupas, farm terraces

**Meals provided:** Breakfast, Lunch, Dinner

## Day 10: Trek to Singh Gompa

**Walking hours:** 5

**Difficulty:** Moderate

**Accommodation:** Basic Teahouse or Homestays

**Elevation:** 3,330m

**Topography:** uphill climbs, farmlands, forested paths

**Highlights:** Phulung Monastery, Garta Village, Views- Ganesh-Himal, Manaslu, Langtang and Annapurna

**Meals provided:** Breakfast, Lunch, Dinner

## Day 11: Trek to Gosainkunda Lake

**Walking hours:** 5-6

**Difficulty:** Moderate/strenuous

**Accommodation:** Basic teahouse

**Elevation:** 4,460m

**Topography:** Gradual inclines, uphill trail

**Highlights:** 3rd lake Gosaikunda (4380m) & 9 other lakes, Laurebina pass, rhododendron, juniper forest, Views-Annapurnas, Hiunchuli, Manaslu, Ganesh & Langtang

**Meals provided:** Breakfast, Lunch, Dinner

## Day 12: Trek to Dhunche

**Walking hours:** 5

**Difficulty:** moderate

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**Accommodation:** basic teahouse

**Elevation:** 2,030 m

**Topography:** river crossings, downhill climbs, forested areas

**Highlights:** views-Langtang Himal, serene dense forested area

**Meals provided:** Breakfast, Lunch, Dinner

### Day 13: Drive back to Kathmandu

**Highlights:** Enjoy souvenir shopping & join farewell dinner hosted by Crusade Himalaya

**Accommodation:** Kathmandu 4 star hotel

### Day 14: Departure from Kathmandu

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country Nepal

