



## Langtang Gosaikunda Trek Itinerary

### Day 1: Arrival in Nepal Welcome !!

Namaste and welcome to Nepal! Upon your arrival at the Tribhuvan International Airport in Kathmandu, you will be greeted by a representative of Adventure Club (P) Ltd. They will transfer you to your hotel in the heart of the city, where you can relax and rest after your journey.

In the evening, you will have a welcome dinner at a local restaurant, where you will be introduced to your guide and other members of the trekking team. You can discuss the details of the trek with your guide, ask any questions you may have, and make final preparations for the trek. After dinner, you can explore the bustling streets of Thamel, the tourist hub of Kathmandu, which is filled with shops, restaurants, and bars. You can shop for souvenirs, sample some local cuisine, or simply soak in the vibrant atmosphere of the city. Overnight stay at the hotel in Kathmandu.

### Day 2: Explore Kathmandu Valley

After a good night's rest, you will start the day with a delicious breakfast at your hotel. After breakfast, your guide will meet you at the hotel lobby and take you on a sightseeing tour of Kathmandu Valley. Kathmandu Valley is a UNESCO World Heritage Site, known for its rich history, culture, and architecture. You will visit some of the most famous landmarks of the city, including the following:

**Swayambhunath Stupa (also known as the Monkey Temple):** A Buddhist temple located on a hilltop, offering panoramic views of the city.

**Pashupatinath Temple:** A Hindu temple dedicated to Lord Shiva, located on the banks of the Bagmati River.

**Boudhanath Stupa:** A large Buddhist stupa, considered to be one of the largest in the world.

**Paatan Durbar Square:** A historic square with ancient temples, palaces, and courtyards. During the tour, your guide will provide you with interesting insights into the history, culture, and significance of these landmarks. You will also have some free time to explore the local markets, where you can shop for souvenirs or try some local delicacies. In the evening, you will return to your hotel in Kathmandu and have dinner at a local restaurant. Overnight stay at the hotel in Kathmandu.

### **Day 3: Drive from Kathmandu to Syabrubeshi (1550m) -6 hours**

After breakfast at the hotel, you will meet your guide and driver, who will take you on a scenic drive to Syabrubeshi, the starting point of the Langtang Gosaikunda Trek. The drive takes approximately 6 hours, covering a distance of 117 kilometers. The journey takes you through picturesque landscapes, passing through small towns and villages along the way. You will have a glimpse of rural life in Nepal and get a sense of the local culture and traditions.

Upon reaching Syabrubeshi, you will check into a teahouse and rest for a while. In the evening, you can explore the village and interact with the locals. You can also visit the nearby Tamang village and learn about their unique customs and traditions. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the trek ahead. Overnight stay at a teahouse in Syabrubeshi.

### **Day 4: Trek to Lama Hotel (2380m) -5/6 hours**

After breakfast at the teahouse, you will start your trek to Lama Hotel, which is located at an altitude of 2,470 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 11 kilometers. The trail follows the Langtang River and takes you through dense forests of oak, maple, and rhododendron trees. You will also pass through small villages and farms, where you can observe the daily life of the locals. Along the way, you will also have the opportunity to catch a glimpse of the Langtang Lirung peak, which is one of the highest peaks in the Langtang range.

Upon reaching Lama Hotel, you will check into a teahouse and rest for a while. In the evening, you can explore the village and interact with the locals. You can also enjoy the beautiful scenery and relax in the peaceful surroundings. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Lama Hotel.

### **Day 5: Trek to Langtang (3430m) -5/6 hours**

After breakfast at the teahouse, you will start your trek to Langtang village, which is located at an altitude of 3,430 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 10 kilometers. The trail gradually ascends through forests of oak and rhododendron, passing through several streams and waterfalls.

You will also have the opportunity to spot some wildlife, including monkeys, musk deer, and Himalayan thar. As you approach Langtang village, you will see the majestic Langtang Lirung peak towering above the village. Langtang village is a traditional Tamang village, with unique architecture and a vibrant culture.

You can interact with the locals and learn about their way of life. Upon reaching Langtang village, you will check into a teahouse and rest for a while. In the evening, you can explore the village and its surroundings, taking in the beautiful scenery and enjoying the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Langtang village.

### **Day 6: Trek to Kyanjin Gunba (3870m) -3/4 hours**

After breakfast at the teahouse, you will start your trek to Kyanjin Gomba, which is located at an altitude of 3,870 meters above sea level. The trek takes approximately 3 to 4 hours, covering a distance of 7 kilometers. The trail ascends gradually, passing through yak pastures and meadows.

You will also cross several wooden bridges over streams and rivers. As you approach Kyanjin Gomba, you will see the stunning Langtang Lirung peak and other peaks of the Langtang range. Kyanjin Gomba is a small Buddhist monastery, surrounded by snow-capped mountains and glaciers. You can explore the monastery and interact with the monks, who will be happy to share their knowledge and stories.

You can also take a short hike to the nearby Kyanjin Ri peak, which offers a panoramic view of the surrounding mountains and valleys. Upon reaching Kyanjin Gomba, you will check into a teahouse and rest for a while. In the evening, you can explore the village and its surroundings, taking in the beautiful scenery and enjoying the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Kyanjin Gomba.

### **Day 7: Exploration Day in Kyanjin Gumba**

Today is a rest day, giving you the opportunity to explore the beautiful Kyanjin Gomba and its surroundings. You can take a short hike to the nearby Langshisha Kharka, which offers a panoramic view of the Langtang range and the surrounding glaciers.

You can also visit the Kyanjin Cheese Factory, where you can see the traditional process of cheese making and taste some delicious cheese. The cheese is made from yak milk and is a specialty of the region.

You can also visit the nearby Tserko Ri peak, which is a popular viewpoint in the region. The peak offers a panoramic view of the surrounding mountains and valleys. In the evening, you can return to the teahouse and relax, enjoying the beautiful scenery and the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Kyanjin Gomba.

### **Day 8: Trek back to Lama Hotel (2380m) -5/6 hours**

After breakfast at the teahouse, you will start your trek back to Lama Hotel. The trek takes approximately 5 to 6 hours, covering a distance of 15 kilometers. The trail descends gradually, passing through forests of oak and rhododendron. You will also cross several streams and waterfalls, enjoying the beautiful scenery of the Langtang range.

Upon reaching Lama Hotel, you will check into a teahouse and rest for a while. In the evening, you can relax and enjoy the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Lama Hotel.

### **Day 9: Trek to Thulo Syabru -5/6 hours**

After breakfast at the teahouse, you will start your trek to Thulo Syabru, which is located at an altitude of 2,210 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 10 kilometers. The trail ascends gradually, passing through forests of oak and rhododendron. You will also cross several streams and waterfalls, enjoying the beautiful scenery of the Langtang range. As you approach Thulo Syabru, you will see the beautiful Tamang village, with unique architecture and a vibrant culture.

Thulo Syabru is also known for its apple orchards and traditional water mills. Upon reaching Thulo Syabru, you will check into a teahouse and rest for a while. In the evening, you can explore the village and its surroundings, taking in the beautiful scenery and enjoying the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Thulo Syabru.

### **Day 10: Trek to Cholangpati -5/6 hours**

After breakfast at the teahouse, you will start your trek to Cholangpati, which is located at an altitude of 3,654 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 7 kilometers. The trail ascends steeply, passing through forests of oak and rhododendron. You will also cross several streams and waterfalls, enjoying the beautiful scenery of the Langtang range.

As you approach Cholangpati, you will see the stunning views of the Langtang range and the surrounding peaks. Cholangpati is a small village, with a few teahouses and lodges for trekkers. Upon reaching Cholangpati, you will check into a teahouse and rest for a while. In the evening, you can explore the village and its surroundings, taking in the beautiful scenery and enjoying the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Cholangpati.

### **Day 11: Trek to Gosaikunda (4380m) -5/6 hours**

After breakfast at the teahouse, you will start your trek to Gosaikunda, which is located at an altitude of 4,380 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 6 kilometers. The trail ascends steeply, passing through forests of oak and rhododendron. You will also cross several streams and waterfalls, enjoying the beautiful scenery of the Langtang range.

As you approach Gosaikunda, you will see the beautiful glacial lakes, surrounded by snow-capped mountains. Gosaikunda is considered a sacred place by Hindus and Buddhists, with a popular pilgrimage trek held here every year in August. Upon reaching Gosaikunda, you will check into a teahouse and rest for a while. In the evening, you can explore the area around the lakes and take in the stunning views of the Langtang range. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's trek. Overnight stay at a teahouse in Gosaikunda.

### **Day 12: Trek down to Dhunche (1960m) -5/6 hours**

After breakfast at the teahouse, you will start your trek down to Dhunche, which is located at an altitude of 1,960 meters above sea level. The trek takes approximately 5 to 6 hours, covering a distance of 14 kilometers. The trail descends steeply, passing through forests of oak and rhododendron. You will also cross several streams and waterfalls, enjoying the beautiful scenery of the Langtang range. As you approach Dhunche, you will see the beautiful landscapes and terraced fields of the area.

Dhunche is the district headquarters of Rasuwa district and has a few shops and restaurants for trekkers. Upon reaching Dhunche, you will check into a teahouse and rest for a while. In the evening, you can explore the town and its surroundings, taking in the beautiful scenery and enjoying the local hospitality. Dinner will be served at the teahouse, after which you can retire for the night, preparing yourself for the next day's journey. Overnight stay at a teahouse in Dhunche.

### **Day 13: Drive back to Kathmandu**

After breakfast at the teahouse, you will take a scenic drive back to Kathmandu, which takes approximately 6 hours. The road passes through beautiful landscapes and villages, giving you a chance to see the rural lifestyle of the Nepalese people. Upon reaching Kathmandu, you will check into your hotel and rest for a while. In the evening, you can explore the vibrant city of Kathmandu, visiting local markets, shops, and restaurants.

You can also take a stroll through the narrow streets of the city, taking in the sights and sounds of the bustling city life. In the evening, you will have a farewell dinner with your trekking team and guides, celebrating the successful completion of your Langtang Gosaikunda trek. Overnight stay at a hotel in Kathmandu.

### **Day 14: Departure**

After breakfast at the hotel, our representative of Adventure Club will transfer you to the airport for your departure flight. We hope you had a wonderful time trekking in the Langtang Gosaikunda region and experiencing the beautiful scenery and culture of Nepal. We wish you a safe and pleasant journey back home and hope to see you again soon for your next adventure in Nepal.

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