



Langtang Gosainkunda Trekking - 13 Days



Trip Facts

Destination	Nepal
Duration	13 Days
Group Size	2-30
Trip Code	DWTK06
Grade	Moderate
Activity	Langtang Treks
Region	Langtang Region
Max. Altitude	4,773m at Kyangjin Ri
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hr walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Syabrubesi & Sundarjal - Kathmandu by local transport

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Discover exhilarating sights that nature has bestowed on the Langtang Gosainkunda trek- the valley of the glacier, one of many spellbinding destinations in Nepal.

About the Trip

Discover exhilarating sights that nature has bestowed on the Langtang Gosainkunda trek- the valley of the glacier, one of many spellbinding destinations in Nepal.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

- ✔ Visit Langtang- valley of glacier flowers, pine forests, green meadows
- ✔ Beautiful views of snow capped mountains, waterfalls, gorge, stone-driven mills and several suspension bridges
- ✔ Majestic viewpoint of Langtang Lirung (7,345m), Gang Chenpo (6,388m), Naya Kanga (5,846m), Dorje Lakpa (6,966m), Kimsung (6,781m), and Yansa Tsenji (6,575m)
- ✔ The region to Tibetan border
- ✔ Beautiful Lirung and Kim Sung glaciers
- ✔ Locally cheese factory at Kyanjin Gompa
- ✔ Ancient Buddhist Monasteries, prayer flags and Chorten
- ✔ Thick forest, green meadow and fields
- ✔ Route continues ahead to a pass marked by player flags, a classical U-shaped glacial valley then crossing the several water-driven mills
- ✔ The sacred Gosainkunda Lake at an altitude of 4,600 m.
- ✔ Side trip to Kyanjin Ri (4,773m), Tsergo/Cherko Ri (4,984m).

What is Included?

- ✔ transportation service Kathmandu to Syabru besi (trek start) and SundariJal (trek end) back to Kathmandu by local bus.
- ✔ Accommodation: six nights accommodation with private attached bathroom at Syabrubesi, Langtang Village and Kyanjin Gompa (2N) Thulo Syabru and Chisopani, six nights Standard rooms at Lama Hotel (2N), Cholangpati, Gosainkunda lake, Ghopte and kutumsang. (Twin Sharing Room) - 12 Nights
- ✔ All Standard Meals (13 Lunches, 12 Dinners and 13 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader guide, (an assistant guide for 12 or above trekkers) and porter to help trekkers luggage (2 trekkers: 1porter)."9 kg per trekker max limit")
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Arrangement of Sleeping bags and Down Jacket for the Trek.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expenses (shopping, snacks, bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability, strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

Overview

Langtang Gosainkunda is one of the most popular trek packages in the Langtang region trekking situated in the northeast part of central Nepal, close and visible from Kathmandu valley, the trek to Langtang valley, the most appealing inner sanctuaries of the **Himalaya**, provides us the chance to experience **deep gorges, rocky stone, pine forests, and yak pastures**, and observing a grand perspective of the enticing attractions of the Tibetan Buddhist religion with mystical monasteries grace the landscape, blending into the majestic visions all around with charming picturesque villages, **multi-colored** hillside terraces, serene valleys and **breathtaking glaciers of the highest summits**.

The trek also takes us to the sacred **Gosainkunda (4,380m/14,620ft)**, an **alpine freshwater** lake high up in the mountains of Rasuwa district.

This trek begins with the drive along the **Trishuli river**, heading north from Kathmandu through **Trishuli Bazaar**. Crossing Dhunche, we will reach Syabru Bensi; We start the trek from **Syabrubesi**, a Tamang village by the banks of the Bhoté Koshi River. We continue our trek to Kyanjin Gomba where we will be having an extra day for acclimatization exploring the monasteries, cheese factory, and a hike. We reach **Kyanjin Gomba** and then climb **Tserko Ri** the next day. Then we return back to Lama hotel then continue trekking in the beautiful Langtang Valley and reach Gosainkunda which is a revered place of pilgrimage for both Buddhists and Hindus which has **Gosainkunda Lake** whose water is believed to have magical healing powers and about 10 other lakes that remain frozen most of the year then we cross the Laurebina Pass, the highest point of this trek. We trek to **Chisopani from Kumustang** then the next day we trek to Sundari Jal from where we will take the bus back to Kathmandu which will take about seven to nine hours. We will return back to our respective hotels in Kathmandu cherishing a short enjoyable trek.

This trek has won many hearts of the trekkers. **Discovery World Trekking** has many other treks in the Langtang region.

Day to Day Itinerary

Day 1

Drive from Kathmandu (1,400 m / 4,393 ft) to Syabrubesi (1,503 m / 4,655 ft)

Itinerary Facts

Driving Hours (122 km/75.8 miles) –7- 9 hrs.

We start our scenic drive after early morning **breakfast**, traveling by local bus out of the valley to **Syabru Bensi**, located along the northwestern **hill of Kathmandu**. We will be able to see beautiful scenery along the way from rivers, terraced fields, villages to sights of the snowy mountains on clear days. The road is smooth up to **Trishuli Bazaar**. Then the road becomes a little rugged as it ascends to **Dhunche and drops** back down to Syabrubesi, a bazaar town with much to **explore including** a riverside hot springs where you can relax.



Overnight at "Hotel Trekkers Inn" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 2

Trek From Syabrubensi (1,503 m / 4,655 ft) to Lama Hotel (2,470m /8,103 ft)

Itinerary Facts

Trek Distance 11.3 km/7 miles

Highest Altitude 2,470m /8,103 ft

Trek Duration 6 hrs

From **Syabrubesi**, we had our first day on the trail. For this route, we will cross the **Bhote Kosi** and **Langtang River** and then follow the **Langtang River through** the fertile jungle and terraced fields. Passing the landslide area we will climb to **Bamboo and gradually** ascend to **Rimche** located at the bank of **Langtang river** We pass through rural settlements, bamboo, and birch groves where we have a chance to spot rare, local wildlife including the red panda. we continue to trek up to the village called **Lama Hotel**



Overnight at "Lama Guest House"



Included meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Lama Hotel (2,470m /8,103 ft) to Langtang village (3,430 m/11,255 ft)

Itinerary Facts

Trek Distance 14.8km/9.1miles

Highest Altitude 3,430 m/11,255 ft

Trek Duration 6 hrs.

Today we continue alongside the river through a **lush green landscape** as we ascend up through dense forests. Along the way, we will be able to catch a glimpse of snowy peaks beckoning us forward. Eventually, the narrow river valley widens out at **Ghora Tabela.**, where there was once a Tibetan resettlement **project running**. We will stop by at **Ghora Tabela** army check post to register our papers .after this the trail crosses to the east side of the river and gets closer to the valley side.We continue past prayer wheels driven by flowing water and **prayer flags** to scenic Langtang where there was once a **large settlement** of mostly Tamang people with a **nearby monastery**.



Overnight at "Village View Hotel" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Langtang village (3,430 m/11,255 ft) to Kyanjin Gompa (3,865 m/12,675 ft)

Itinerary Facts

Trek Distance 6.8 km/4.2 miles)

Highest Altitude 3,865 m/12,675 ft

Trek Duration 3 hrs

We continue our gradual ascent as we pass through **small abandoned villages** and **meadows**. The wide valley offers far-reaching panoramas. The route crosses several tributaries and a glacial moraine and then finally we arrive at what once was the biggest settlement of our journey, a place known as **Kyanjin Gompa** named after the nearby, ancient monastery of **Kyanjin Gompa**. Now Kyanjin Gompa is mostly abandoned after being badly affected by the earthquake. After lunch at our lodge, we can also go afternoon **climb to Kyajo Ri at 5,150m/19,600** feet altitude, this is an optional trek for those not affected by altitude sickness. Kyajo Ri is a spectacular viewpoint located right above the north side of the settlement where you can see amazing views of the **Himalayas**



Overnight at "Namaste Guest house " with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 5

Exploration Day at Kyanjin Gompa

The **upper Langtang Valley**, high elevation landscape is broad and offers many views and opportunities to **approach the mountains and associated glaciers** more closely. There is much to see and do as we enjoy a day of exploring the area. We will visit the Yak cheese factory and Kyanjin Gompa Monastery. Beyond the requisite visits to the **monastery and cheese factory**, we also have optional hikes for those who are willing and able to Langshisha Kharka and the viewpoint of **Tserko Ri (5450)** where you can take the most beautiful mountain photos of the Himalayan range peaks like **Langtang Lirung (7,227m)**, **Langtang II (6,596m)**, **Yala peak (5,500m)**. We return back to Kyanjin Gompa for the evening.



Overnight at "Namaste Guest house " with attached bathroom..



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Kyanjin Zomba (3,865 m/12,675 ft) to Lama Hotel (2,470 m/8,103 ft)

Itinerary Facts

Trek Distance 21 km/ 13 miles

Highest Altitude 2,470 m/8,103 ft

Trek Duration 6 hrs

From **Kyanjin Gomba**, we say goodbye to the **upper highlands** and go back down and out of the valley. We go back on the same route we came through the **Langtang Village** and stop for lunch at **Ghora Tabela** where we register our exit at the army check post After the leisurely lunch we continue going down through the dense forests of the river valley to **Lama Hotel**.



Overnight at "Lama Guest House"



Included meals (Breakfast + Lunch + Dinner)

Day 7

Trek from Lama Hotel (2,470 m/8,103 ft) to Thulo Syabru (2,210 m/ 8,500 ft)

Itinerary Facts

Trek Distance 13 km/ 8 miles

Highest Altitude 2,470 m/8,103 ft

Trek Duration 6-7 hrs

Today we'll descend to the bank of **Langtang Khola** and cross a **small waterfall**. We hike along the Langtang river past lush forests of bamboo and birch and

terrace farms We cross a **suspension bridge** to reach the bottom of the **Thulo Syabru village** spread out along the ridgeline with great views of the **peaks to the north**



Overnight at "Hotel Ganesh Himal" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Thulo Syabru (2,210 m/ 8,500 ft) to Cholangpati (3,654m/11988ft)

Itinerary Facts

Trek Distance

Highest Altitude 3,654m/11988ft

Trek Duration 5-6 hrs

From **Thulo syabru** we gradually climb upwards, after **passing Langtang** National park army checkpoint within half an hour of **uphill trekking** we **reach Daragang** . the trail gets less steep from here through the forest of hemlock and oak you may also get a chance to spot the rare red panda. Then we pass the forest of **rhododendrons and spruces**. To reach **Dhimsa** and half hours from Dhimsa then trek to **Sing gompa** to **Cholangpati**, where we will stop for the night and visit the **famous cheese factory**.



Overnight at mountain Lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 9

Trek from Cholangpati (3,654m/11,988ft) to Gosainkunda Lake (4,380m/14,620ft)

Itinerary Facts

Trek Distance 11 km/ 6.8 miles

Highest Altitude 4,380m/14,620ft

Trek Duration 5hrs

Climbing up you will be greeted by the beautiful **Langtang Himal(7234 m)** the most well-known peak in the entire **Langtang range**. We will walk on a desolated mountain trail with almost zero vegetations. As we climb higher we see more mountains on the horizon; the **majestic Langtang** himal, followed by **Ganesh** and even the Annapurnas on the **west horizon**. A few hours later we arrived at **Laure Binayak** where we stopped for tea before beginning the uphill climb to **Gosainkunda**. After two hours of the steep incline, we will reach a chorten and after an hour more we will be able to see views of beautiful waterfalls and lakes Saraswati Kunda and Bhairav Kunda, both formed by water from Gosainkunda The peaceful setting is considered holy to **Hindus** as a place favored by Shiva. It receives thousands of **pilgrims** each year for a holy festival in the fall.



Over night at "Hotel namaste" .



Included meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Gosainkunda Lake (4,380m/14,620ft) to Ghopte (3,530m/11,265ft) via Laurebina pass (4,610m/15,115 ft)

Itinerary Facts

Highest Altitude 4,610m/15,115 ft

Trek Duration 8-9 hrs

Today we go over the **Laurebina la high pass** into the scenic Helambu region From **Gosainkunda lake**. The path first descends from the lodges to the lake, we walk along the northern shore to start the walk up to Laurebina La the climb starts with stone steps to a water spring, walking further the path continues steeper upwards and on a small plateau (4530m) to the right we follow a traverse below a **minor peak (4680m)** here on your left side we will see **Suryakund Lake** then the path leads through a ragged **plateau (4600 - 4650m)**and we reach the **Laurebina La Pass** which is marked with a stone stupa and a lot of praying flags this the highest point of our Langtang Trek we then descent through a wide valley to

High Camp (4240 m) and walk further down on a steeper and rocky path to Phedi right after Phedi is a very steep descent to a footbridge across a stream. From Phedi to **Gupte is a demanding traverse** and after a long ascent, we finally descend to the lodges at Ghopte (3430m) at Mountain Lodge.



Overnight at "Hotel Namaste"



Included meals (Breakfast + Lunch + Dinner)

Day 11

Trek from Ghopte (3,530m/11,265ft) to Kutumsang (2,470 m / 8,560 ft)

Itinerary Facts

Highest Altitude (3,530m/11,265ft)

Trek Duration 5 hrs

Today we walk on a **challenging train passing** through groves of juniper as well as **rhododendron** and pine in a remote, unpopulated area before we reach the peaceful highland setting of **Tharepati** from Tharepati the path descends gently through the forest on the western slope of a ridge, after walking for a while the trail goes directly on the ridge we will then pass a large meadow with ruins of shepherd's huts we will also get to see **Gangchempo and Dorje Lakpa peaks** then the descent gets steeper and leads through a forest to **Magin Goth (3265m)** After a short walk we will pass **Kuala Bhanjyang (3335 m)** and go on a long descent through a rhododendron forest to finally reach the village of **Kutumsang (2470m)** at mountain Lodge.



Overnight at "Hotel Namaste"



Included meals (Breakfast + Lunch + Dinner)

Day 12

Trek from Kutumsang (2,470 m / 8,560 ft) to Chisopani (2,295m/7,655 ft)

Itinerary Facts

Highest Altitude 2,295m/7,655 ft

Trek Duration 5-6hrs

From **Kutumsang we ascended**. We traverse Join Danda ridge up to **pass at 2570** then steeply descent to village **Gul Bhanjyang (2140m)** from Gul Bhanjyang we had climbed over **Thorong Danda (2500m)** to a dusty wide road from here the path to Chipping village is very steep and rocky We drop down steadily to descent to **Pati Bhanjyang(1760m)** which is a village between Chipling and Chisopani . after walking half an hour from here we reach **Chisopani**, with a spectacular **panorama of the mountains to the north**.



Overnight at "Tashi Delek Guest Lodge"with attached bathroom



Included meals (Breakfast + Lunch + Dinner)

Day 13

Trek from Chisopani (2,295m/7,655 ft) to Sundarijal (1380m/4530 ft) and drive to Kathmandu (1350 meters/4450 ft)

Itinerary Facts

Highest Altitude 2,295m/7,655 ft

Trek Duration 4hr

Driving Hours 1 hr

From Chisopani, **the viewpoint**, upon waking up allows us to enjoy a marvelous sunrise on the Himalayas. After a few minute's walk after Chisopani, we reach the **Shivapuri National Park** checkpoint we return back 28 meters and take a wide road leading down the hill, then on a paved path up the hill. Eventually walking past water reservoirs and large water pipes we reach **Sundarijal (1460m)** where we say **goodbye** to the trails and find **transport back to Kathmandu**.



Overnight at Selected Hotel in Kathmandu



Included meals (Breakfast + Lunch)

 **Route Map**



Trips Notes

How you'll start your journey towards langtang Gosaikunda trek?

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival. The next day we will be traveling to our destination via the local bus. Our trek begins from Syabrubesi (**Gateway to Langtang**), we can either take the local bus which is approximately an 8/9 hours journey from where our actual Langtang trek will start.

Local Transportation (KTM to Syabrubesi and Sundari Jal - Kathmandu) is included in the package, private jeep is available at an extra cost

Don't worry, we'll pick you!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the **Langtang Gosaikunda Trek package**. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Accommodation Details During The trek

The 13 Days Langtang Gosaikunda trek includes **twelve nights lodge to lodge** stay at a mountain where we use the best available lodge and select the best accommodation during the trek. We provide six nights accommodation with a private attached bathroom at Syabrubesi, Langtang Village, and Kyanjin Gompa(2N), Thulo Syabru and Chisopani six nights standard accommodation at Lama Hotel(2N), Cholangiopathy, Gosainkunda lake, Ghopte, and kutumsang.

For solo trekkers -a single private room with attached bathroom in the available lodge, single private accommodation in most places of the itinerary.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

The Meals?

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **13 Breakfasts, 13 Lunch and 12 Dinners** will be provided in the trek.

Some of the popular menu items are -

Thirteen breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Thirteen lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Twelve Dinners -(Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.)are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious.

The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shortened.

We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Though plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea houses/ Lodges except Standard Meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Best Season to Langtang Gosaikunda trek

The weather is one of the most important factors to look at when deciding to trek to The **Langtang Gosaikunda Trek**. It is best suited to trek during the spring and the autumn. During the winter and monsoon snow and rain can be enjoyed during the trek but you should be a bit more careful in these weathers.

January – February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountains and can result in cold temperatures. Day time will be warm and admirable with clear skies but the night time can be cold. Trek will be fun with magical views of snow-capped hills and mountains. Feb can definitely be your vacation time.

March – April

This is the best time of the season to trek in the Langtang Gosaikunda Trek. The weather is very favorable through the trek. Stunning views of the LangtangLirung, Langtang II and many more will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time. On the journey, the bamboo and birch forests will be luscious green and dense.

May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid-August. The season of spring and summer makes the trek much more enjoyable.

July – August

The rainfall hits at its peak during this time you'll see clouds more once in a while. Due to rainfall, the trails would be a bit slippery but trekking can be still fun as after the rain is over and you'll see rainbows more often after rains.

September – October

Another perfect season for the Langtang Gosaikunda trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to **20 degrees in the day time and falls down to 5 degrees during** the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is **highly recommended** as it's the best time for the LangtangValley trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of **Nepal; Dashain and Tihar**.

November – December

Another perfect season for the Langtang Gosaikunda trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to **20 degrees in the day time and falls down to 5 degrees during** the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is **highly recommended** as it's the best time for the LangtangValley trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of **Nepal; Dashain and Tihar**.

The weather in the Mountain region can be unpredictable and the temperature may change quickly from day to night.

Acclimatization

Our 13 days **Langtang Gosaikunda Trek** package spends two nights over 3500m above the sea level, where there are chances of being affected by altitude sickness also called acute mountain sickness. We will be **acclimatizing at KyanjinGompa**. We will be exploring various places like the monastery itself, the cheese factory, or the optional hikes

planned to the viewpoint of Tserko Ri.

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and are well-experienced in the Himalaya. We urge you to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately.

Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

Trip Grade: Fitness level, Medical and Health

The Langtang Gosaikunda trek is an easy and rewarding trek. The hiking will be from 3-6 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

A typical day on trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea.

Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour's rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm.

In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day's trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our Discovery World Trekking crews, playing cards, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

Communication on Langtang Gosaikunda Trek

On the **Langtang Gosaikunda Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes. We'll communicate with all our valuable clients through our leader at least once a day to make sure you're **fine, safe, feel** right, and have everything up there.

You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on trekking

Throughout the lodges at Langtang Gosaikunda Trek, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shops or filling boiled water at an extra cost. A water purification pill will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of meals and accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

Travel insurance

Trekking in The Langtang Gosaikunda Trek requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and another casualty are supposed to unexpectedly happen. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking conditions for an adventure trek in Nepal.

To join in The Langtang Gosaikunda trek, at a minimum, a comprehensive travel insurance policy is a must cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can recommend an insurance company in case of our help needed but we do not involve in the sale of the insurance policy. Trekkers refused to participate in The Langtang Gosaikunda Trek, with improper policy or without a travel insurance policy.

In case of emergency circumstances of our valued client, the company put forward the travel documentation processing to the insurance company based on your prior information submission details in order to assist in arranging rescue operations and transfer to the hospital for treatment. You are requested to send the details of insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of the trek.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is the US \$50 for 30 days which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.118 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee notes in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes.

How Much Luggage can I take during Langtang Gosaikunda Trek?




The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs**. We never overload our porters. but you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what is essential, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be **completely safe**.

Langtang Gosaikunda Trek Safety




Discovery World Trekking guarantees our valuable client's **safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that **everyone is safe and won't wander off alone**.

Equipment Checklist





Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries











Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes



Hands

-  Light weight gloves
-  Heavy weight winter glove
-  Light weight gloves
-  Heavy weight winter gloves






Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants








Foot wear

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)





Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)





Toiletries

-  Medium size drying towel
-  Tooth brush
-  Tooth paste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
29 Nov, 2020 - 11 Dec, 2020	\$1290 \$675

FAQ's

Is trekking to Langtang difficult?

No, basically you do not need any ropes or ice picks. Moreover, there is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill,

How safe is Langtang trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen level at high altitude and offers regular health check-up facilities.

Which is the best time of the year to Langtang trek?

Spring (March to May) and Fall (October to November) are the best seasons to trek Langtang trek to explore a clear view of the Himalayas. The temperature is cold between December and February but the visibility is still good. Trekkers choose this season because there are few tourists on the trails. Admittedly, Discovery World Trekking can make it happen in any season you want with all the safeties and fun.

How to avoid altitude sickness in Langtang trek?

- ☞ Cut off caffeinated, alcoholic, and smoking items.
- ☞ Drink at least 4 liters of water a day.
- ☞ Trek slow.
- ☞ Don't skip the acclimatization days.
- ☞ Better to continue with Diamox (if any symptoms show up).
- ☞ Drink Garlic Soup.

How long do I need to walk per day during my trek to Langtang trek?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

Do I need Travel Insurance to trek in Langtang Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. You should provide it to us before you start your trekking. Discovery World Trekking will help you to get travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

What about the Insurance of guides and porters?

Discovery World Trekking ensures the expenses for insurance of its guides, porters, and all the crews along with meals, salary, lodging, transportation, and other necessary equipment.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination.

What is the weather condition at Langtang trek?

Month	Temperature	Weather and Nature
January	Max -10°C at daytime to min -20°C at night and morning	Snowfalls and harsh winds

February
Max -10°C at daytime to min -23°C at night and morning
Mild and humid and clear skies

March	Max -5°C at daytime to min -18°C at night and morning	Nice and warm temperature, chances of occasional snowfalls
April	Max 0°C at daytime to min -9°C at night and morning	Moderate temperature with amazing red, blue, white, green, and pink rhododendrons
May	Max 5°C at daytime to min -4°C at night and morning	Days are nice and warm but nights are a bit colder
June	Max 8°C at daytime to min 0°C at night and morning	Fresh and Beautiful flora and fauna
July	Max 10°C at daytime to min 6°C at night and morning	Warmest month
August	Max 10°C at daytime to min 5°C at night and morning	Slippery Trails
September	Max 10°C at daytime to min 0°C at night and morning	Days are short but sunny and warm
October	Max 2°C at daytime to min -6°C at night and morning	Colder days and nights, a festival season of Nepal
November	Max -4°C at daytime to min -9°C at night and morning	Driest month
December	Max -8°C at daytime to min -12°C at night and morning	Foggy and cloudy weather

What documents do I need for trekking to Langtang?

You need to submit the following documents after the advance payment deposit and all the documents should be sent via email.

-  A copy of passport,
-  Passport size photos,
-  Flight details,
-  Copy of travel insurance (it has to cover heli rescue and medical evacuation).

What is the accommodation on the trails of Langtang trek?

For the Langtang trek, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. The toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

Is meal easily available on the trek to Langtang trek?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

What types of liquid do I need to drink at high altitude?

Garlic soup is a must while trekking. Discovery World Trekking recommends trekkers to drink green tea, lemon tea, hot lemon, and ginger tea. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items, and hot-chocolates at high altitude.

Is the drinking water safe in the trek to Langtang?

Bottled water is easily available at a low cost. . So, they do not sell plastic bottled mineral water. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

Do I need to bring medicines for trekking to Langtang trek??

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

Is there pick service by the Company?

You will see a personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets in her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's tour packages for more information.

What is the booking and payment method for Langtang trek?

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

Is tipping necessary for porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guide in Nepal as a gesture of thankfulness.

Can I buy the gear in Nepal?

Discovery World Trekking will introduce dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

Is internet access available in Manaslu Circuit trek?

Yes, most guesthouses offer Wi-Fi, for a small charge.



Discovery World Trekking

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