



Itinerary for Langtang Gosainkunda Trek

Day 1

Arrival

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

On arrival at Tribhuvan international airport (1380m) our company representative will assist to check on to Hotel. S/he will let you know the meeting time. In the meeting we will talk about your Langtang Gosainkunda Trek and overall trip in Nepal.

Day 2

Sightseeing Tour

- Altitude – 1380 meters
- Special – Kathmandu City Tour
- Time – Full day
- Activity – Sightseeing of UNESCO world heritage sites

Day for Kathmandu world heritage sightseeing with local guide in A/C car includes Pasupatinath, Buddhanath, monkey temple and Kathmandu Durbar square will be covered. Our local guide will help you to explore far and wider than the regular touristic stuff. Meeting the locals, visiting local restaurant, walking off the regular route will add extra value while trekking with Nepalgram. In the evening; last minute preparation and paper work for your Langtang Gosainkunda Trek.

Day 3

Drive from Kathmandu to SyabruBensi, to the trekking start point. (1450m); 4-6 hours

- Altitude – 1450 meters
- Special – Scenic view during drive
- Time – 4/6 hours
- Activity – Travelling in bus

We begin our Nepal trekking journey after breakfast at the hotel in Kathmandu. Road to Syaprubensi is counted as one of the fine road in Nepal, as this road connects Nepal with China via Kerung boarder. Driving through the river valley gives nice view of the villages and local activities.

Day 4

Trekking from SyabruBensi to Lama Hotel (2480m); 6 hours



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- Altitude – 2480 meters
- Special – Diverse landscapes and Greenery
- Time – 6 hours
- Activity – Walking by the side of river

Langtang Gosaikunda Trek starts at syapru Bensi towards narrow river valley (Langtang River) and stops at Lama Hotel. Lama hotel has access to Langtang River. We leave Kerung river valley behind from the beginning itself. While walking on different terrain of land, looking at natural formation of pristine landscape will certainly make your day worthy.

From today till the last day of the trekking you will explore village, stay at the local owned tea houses. There will be menu at every eating places from which you will be choosing your lunch dinner and breakfast, which i included if you buy our normal package. You will be following trekking guide, who helps you from choosing food to sleeping warm. You are free to decide on your own but listening to your guide is always wise. Your porter will be carrying your luggage where you need to carry a small bag-pack with drinking water, camera, sun screen and your daily usable stuff. Do not worry while traveling with Nepalgram Adventure, but do not forget to eat more and drink enough.

Day 5

Lama Hotel to Langtang (3540m); 6 hours

- Altitude – 3540 meters
- Special – View of mountain
- Time – 6 hours
- Activity – Trekking

Six hours hike from Lama Hotel to Langtang is on the side of river. Trekking will be inside the forest for most of the day, once we get to army check point at Ghoda Tabela the tree starts getting smaller. Today the hike starts from jungle and ends at no tree line. Langtang Gosainkunda Trek has various attractions, among them today's hike will provide different taste of easy trekking experience in Nepal.

Day 6

Trek from Langtang to KyanjinGompa (3900m); 4 hours

- Altitude – 3900 meters
- Special – Kyanjing village
- Time – 4 hours
- Activity – Trekking mostly on flat road



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Easy hike on the wider river valley has wide angle view of the mountains. When you look back towards Thangshyap village the spiral river valley will be stunning view whereas in the front mountain will look amazingly decorated.

Day 7

Acclimatization

- Altitude – 4984 meters
- Special – panoramic view of mountains
- Time – 45 minutes/1 hour hike
- Activity – short hiking

Today is the rest and explore day, and hike up to KyanjinRi or TsekuRi for all of these mountain LangtangLirung (7245m), Ganesh Himal (7406m), Nayakhanga (5846m), DorjeLakpa (6988m), Gaurishanker (7145m), Gangchenpo (6387) m, Yala peak (5500m) or hike to LangtangLirung base camp.

Day 8

KyanjinGompa to Lama Hotel (2480m)

- Altitude – 2480 meters
- Special – Scenic view during trek
- Time – 7 hours
- Activity – Trekking downhill

After breakfast at Lama we descend for a while and start climbing towards the 1/3rd way. Walk can be rated moderate. Syapru is comparatively bigger village we have seen so far. This village is one of the oldest village o the region, many myth story can still be read on history of Nepal.

Day 9

From Lama Hotel to Thulo Syabru (2200m); 5 hours

- Altitude – 2200 meters
- Special – Syapru village
- Time – 5 hours
- Activity – Trekking downhill and uphill

After breakfast at Lama we descend for a while and start climbing towards the 1/3rd way. Walk can be rated moderate. Syapru is comparatively bigger village we have seen so far. This village is one of the oldest village o the region, many myth story can still be read on history of Nepal.

Day 10



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From Syabru village to Singh Gompa (3584m); 4 hours approx

- Altitude – 2584 meters
- Special – local cheese factory
- Time – 4 hours
- Activity – Trekking uphill with the view of Rhododendron forest

Trekking through the village, witnessing the life and simplicity will make today's hike amazing. Trekking in Nepal is always inspiring to see simple life of people in the mountains, but Langtang Gosainkunda Trek server's trekker with historical walk in this kind of village trekking. Shin gompa village is famous destination for local cheese production. While climbing up the view of Rhododendron forest, oak tree soak you in the natural beauty where monastery & Dumsa village will again give introduction to the real Nepal

Day 11

Trekking from Sing Gompa – Gosainkunda Lake (4364m)

- Altitude – 4364 meters
- Special – Gosaikunda lake
- Time – 4 hours
- Activity – Trekking

Sherpa settlement, their tradition poured all over the trail will end with scenic lake view at Gosaikunda. Gosaikunda is one of the famous lakes in the mountain of Nepal. This lake is famous because of its attachment with Hindu and Buddhist pilgrimage. Hindu believes this place used to be dwelling place of god Shiva whereas Buddhist has stories of Shaman. Once in every year, villagers from this region go to this lake and big festival is observed.

Day 12

Explore holy Lake Gosainkunda and back down to Sing Gompa; 6 hours

- Altitude – 3584 meters
- Special – Scenic view during trek
- Time – 6 hours
- Activity – Trekking downhill

From the climax of trekking, Langtang Gosainkunda Trek begins towards the end from this day. Itinerary for Langtang Gosainkunda Trek is designed to fit the length of holiday and taste of trekking in Nepal to know real Nepal.

Day 13

Trek from Sing Gompa to Dhunche (1950)



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- Altitude – 1940 meters
- Special – view of wide snow-capped mountains
- Time – 6 hours
- Activity – Trekking downhill

Regular descending trail ends at Dhunche. Dhunche is a small town in the Himalaya. View of Langtang Himal is fascinating from this city of the mountain. This is headquarter of Rasuwa district, Langtang National park or the trekking trail lies in Rasuwa District.

Day 14

Back to Kathmandu by tourist Bus.

- Altitude – 1380 meter
- Special – View of the mountains, local people & Landscape from the bus
- Time – 8 Hours
- Activity – Travelling in bus

Tourist bus from Dhunche to Kathmandu leaves early in the morning. We will have breakfast at the hotel and catch the bus back to the capital Kathmandu. Deep river valley, high water fall and the pristine landscape with snow capped mountain looks amazing during the journey.

Day 15

Rest at Thamel and guided shopping or spare day.

- Altitude – 1380 meter
- Special – Shopping
- Time – Full day/Half day (as per your choice)
- Activity – Shopping and relax at hotel

To add extra value in your Nepal trip we have a guided shopping tour around the available shopping mall. Our Guide will take you in the shopping tour, feel free to shop like local.

Day 16

Departure

- Time – 30 minutes airport transfer time
- Activity – Flying back to origin

Our vehicle will drop you to Tribhuvan international airport to connect your flight back home. Time has come to the end of Langtang Gosainkunda Trek, we hope to see you again for another adventure together.



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