

6 Days Gosaikunda Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March/ April/May/Jun/Aug/Sep/Oct/Nov

Max Elevation: 4200 m

Gosaikunda Lake Trek is a short and adventurous journey in the beautiful Langtang region of Nepal. That takes us north of Kathmandu, where you begin trekking toward the holy Gosaikunda Lake. At 4,380 meters from sea level, Gosaikunda Lake is a significant religious lake for Hindus and Buddhists.

Benefits of Gosaikunda Trek with Alpine Ramble

- Free Airport transportation on arrival and departures
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles
- Duffle bag for the helper (optional)
- **Souvenir:** Trekking route map, browser, and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- **WOKI TOKI** (<https://en.wikipedia.org/wiki/Walkie-talkie>) for communication during the trek

Gosaikunda is the name of a beautiful lake. It is a pilgrimage site that hundreds of pilgrims visit every year during Janai Purnima. Pilgrims take holy baths in the lake and pray for the betterment of their loved ones. Gosaikunda Lake Trek offers an unforgettable experience in the Himalayas.

Gosaikunda Lake Trek 6 Days begins with a scenic drive to Dhunche. Further, in Langtang National Park, you pass by Sing Gompa, where you will visit an ancient monastery and head toward the lake.

Moreover, the Gosaikunda Lake is believed to be the abode of Lord Shiva and Gauri as per Hindu mythology. You can see this lake mentioned in many Hindu manuscripts as well.

Gosaikunda Lake Trekking also offers stunning views of the glacier and many snow-capped Himalayan mountains like Ganesh Himal, Langtang Himal, Mt. Manasalu, Mt. Hiunchuli, and several others along with Tibetan peaks.

During Langtang Gosaikunda Trek, you get to see the lifestyle and culture of locals. Tamangs and Sherpas are the primary residences of this region. You get to spend time with them and interact with them.

Likewise, the trail is lovely and full of numerous flora and fauna. The course moves along dense forests and picturesque villages, crossing thrilling bridges.

If you are short on time and want to explore the beauty of the Himalayas, then Gosaikunda Lake Trek 6 Days is the best option for you. You get to taste a perfect balance of adventure and experience during the trek.

Best time for Gosaikunda Trek

March to April and October to November is the best time to go on the Gosaikunda Lake Trek 6 Days. These are the most preferred times to go trekking in the Himalayas. The

weather generally remains stable, which is perfect for trekking.

Likewise, the views are apparent. Moreover, from March to May, the entire region blooms with numerous wildflowers, whereas October to November brings the essence of chillness and a divine atmosphere.

Gosaikunda Trek difficulty

Gosaikunda Lake Trek is a moderate trek. The trail has both manageable and steep sections. There are many ascends & descends through dense forests and sometimes rugged paths.

You have to walk 6 to 7 hours a day at a minimum. Therefore, good health and stamina are needed for Langtang Gosaikunda Trekking. You do not need to be an experienced trekker for this adventurous journey.

Mountain Altitude

Gosaikunda Lake Trek 6 Days involves chances of altitude sickness. As the trek takes you to high elevation within a few days, adjusting your body with the altitude as you gain elevation is essential.

We have designed our Gosaikunda Lake Trek itinerary, adding ample rest periods between the walks, keeping you away from high altitude sickness.

Food & Accommodation on Trek

The guesthouse will be the accommodation during Gosaikunda Lake Trekking. The guesthouse in this region is run and managed by the locals. Therefore, you get to experience their living style.

The rooms generally come with a double bed and a shared bathroom. There are no modern facilities like WiFi available in the guesthouse.

The dining area is the warmest place in the guesthouse, where you can spend some time sipping hot tea and talking with fellow trekkers.

All meals are served as per the menu of the guesthouse. The package includes three meals a day. You can expect to see Tibetan, Indian, and Nepali dishes on the menu. Dal Bhatt is the most affordable and filling option to choose from.

Likewise, drinking water is available everywhere. You can carry a reusable water bottle and water purification tablets.

Highlights

- Trek through Langtang National Park
- Get to see numerous flora and fauna
- Experience rich culture and traditions of Tamangs
- Visit ancient Sing Gompa, explore Gosaikunda Lake
- Witness stunning landscapes and tempting views of Himalayan mountains like Ganesh Himal, Mt. Manasalu, Mt. Hiunchuli, Langtang Lirung, et

Day to Day Itinerary

Day 1: Drive from Kathmandu to Dhunche

Day 2: Trek from Dhunche to Sing Gompa

Day 3: Trek from Sing Gompa to Gosainkunda

Day 4: Trek from Gosainkunda to Sing Gompa

Day 5: Trek from Sing Gompa to Dhunche (1,764 m)- 6/ 7 hrs walk

Day 6: Drive from Dhunche to Kathmandu (1,400 m)- 5/6 hrs drive

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Langtang national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for group 6 or above
- All the ground transportation including from Kathmandu- Dunche- Kathmandu
- Supplementary snacks: energy bar, crackers, cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain,

it's very useful for all the trekkers to be aware of the high altitude sickness.

- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat, and official Expenses




Route Map

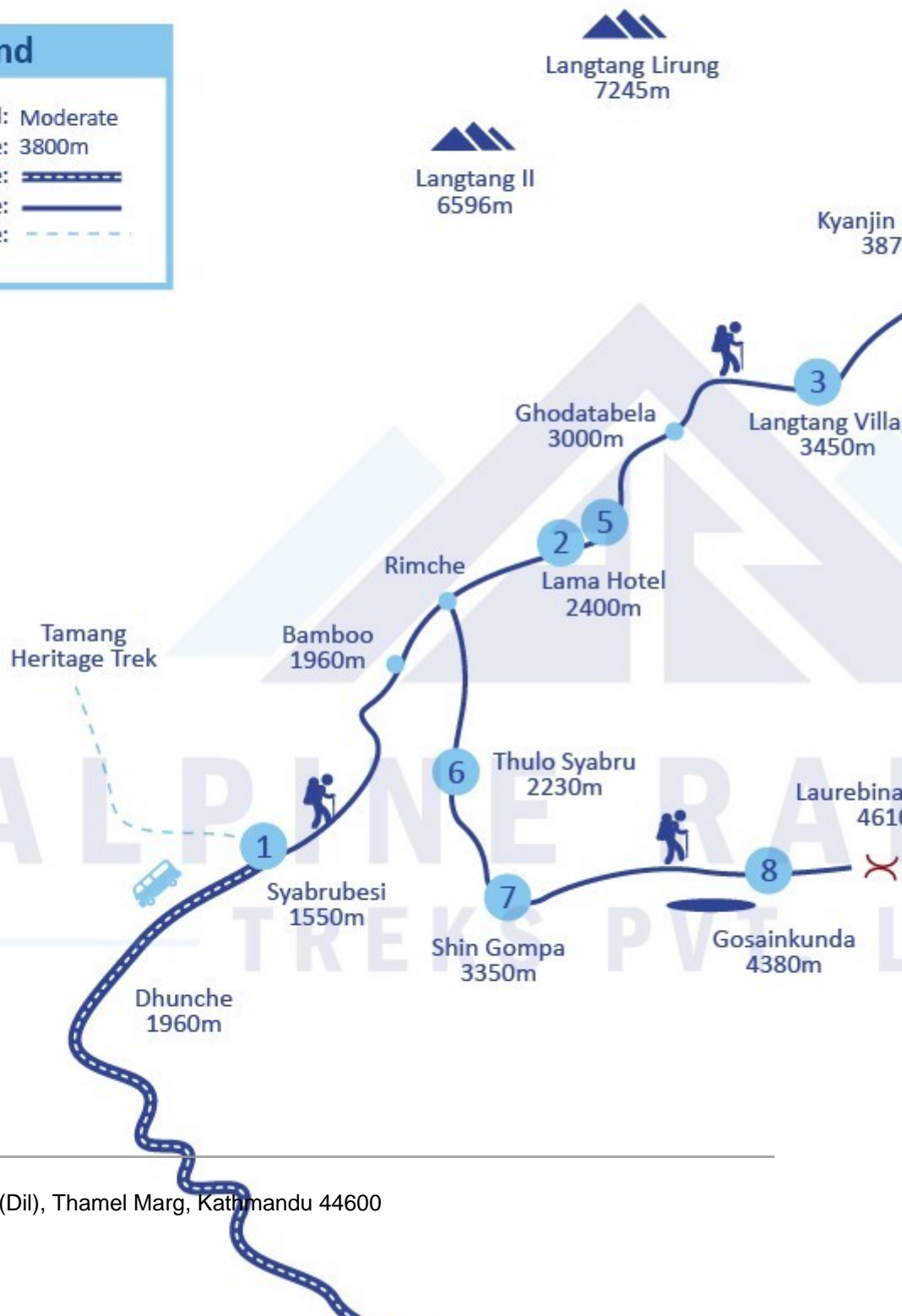
12
DAYS

Langtang Valley Gosaikunda Trek



Legend

Difficulty level: Moderate
Max Altitude: 3800m
Driving Route: 
Trekking Route: 
Secondary Route: 



Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional costs by out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staff- recommended by Nepalese culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.