

# Gosaikunda Trek

9 Days Moderate Trek



The Gosaikunda Trek is a nine-day journey into the sacred alpine lakes of Nepal, blending spiritual significance with striking natural beauty. The trail climbs steadily through lush rhododendron and oak forests, terraced fields, and Tamang villages before ascending into rugged highlands above 4,000m. The highlight of the trek is Gosaikunda Lake (4,380m), a shimmering glacial lake revered by Hindus and Buddhists alike, surrounded by towering snowcapped peaks.

## About the Langtang Region

Situated just north of Kathmandu within the Langtang National Park, the region is both culturally rich and ecologically diverse. It is home to the Tamang people, whose Tibetan Buddhist heritage beautifully assimilates in the landscape through gompas, chortens, prayer wheels, and colourful mani walls.

Despite its proximity to the capital, Langtang remains relatively uncrowded – offering a quieter, more intimate and accessible trekking experience. Though the 2015 earthquake devastated many villages here, the community has since rebuilt with remarkable resilience, welcoming trekkers with open arms.

## TRIP OVERVIEW

**Duration:** 9 Days

**Difficulty:** Moderate

**Max Elevation:** Gosaikunda Lake (4,380m)

**Best Season:** Spring (March–May) and Autumn (September–November)

## TRIP HIGHLIGHTS

- Reach the sacred alpine waters of Gosaikunda Lake (4,380m).
- Enjoy panoramic Himalayan views of Langtang Lirung, Ganesh Himal, and Manaslu.
- Experience a blend of Tamang culture and Hindu-Buddhist spirituality.
- Trek through rhododendron forests, rugged highlands, and glacial valleys

## OUTLINE ITINERARY

**Day 1-2:** Arrive in Kathmandu; drive to Dhunche.

**Day 3-4:** Trek through Deurali and Sing Gompa.

**Day 5:** Ascend to Gosaikunda Lake.

**Day 6-7:** Return via Sing Gompa and Dhunche.

**Day 8-9:** Drive back to Kathmandu; departure.

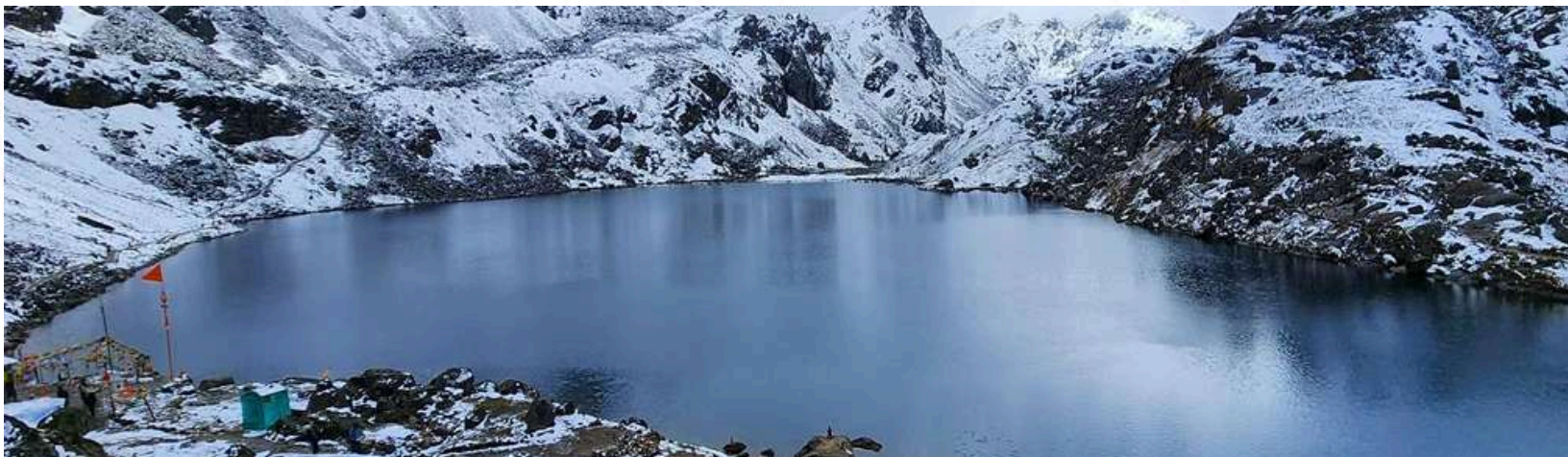
## WHAT TO EXPECT

**Physical Challenge:** Moderate trekking with some steep ascents, especially before Gosaikunda

**Accommodation:** Teahouses along the route; simple but welcoming

**Food:** Dal bhat, Tibetan bread, noodle soups, and yak cheese from local gompas

**Weather:** Pleasant days in spring and autumn; cold nights at higher altitudes.



## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

**Activities:** Arrive at Tribhuvan International Airport, transfer to hotel

**Accommodation:** Overnight in Hotel

### DAY 2: DRIVE FROM KATHMANDU TO DHUNCHE – 6/7 hours drive

**Activities:** Scenic drive through winding mountain roads, terraced fields, and traditional villages to reach Dhunche, the gateway to Langtang region.

**Accommodation:** Teahouse in Dhunche.

### DAY 3: DHUNCHE TO DEURALI (2,500M) – 5/6 hours trek

**Activities:** Begin trekking with gradual climbs through forests of oak, pine, and rhododendron, with glimpses of Ganesh Himal.

**Accommodation:** Teahouse in Deurali.

### DAY 4: DEURALI TO SING GOMPA (3,330M) – 5/6 hours trek

**Activities:** Trek through alpine forests to Sing Gompa, home to a monastery and a yak cheese factory where you can taste locally made cheese.

**Accommodation:** Teahouse in Sing Gompa.

### DAY 5: SING GOMPA TO GOSAIKUNDA LAKE– 6/7 hours trek

**Activities:** A steep ascent through rugged landscapes and high ridges brings you to Gosaikunda Lake, surrounded by dramatic peaks. In clear weather, the lake shimmers with breathtaking reflections of the Himalayas.

**Accommodation:** Teahouse near Gosaikunda.

## **DAY 6: GOSAIKUNDA TO SING GOMPA – 5/6 hours trek**

**Activities:** Descend from the high alpine region back to Sing Gompa, retracing your route with easier downhill paths.

**Accommodation:** Teahouse in Sing Gompa.

## **DAY 7: SING GOMPA TO DHUNCHE – 5/6 hours trek**

**Activities:** Final day of trekking through lush forests and Tamang villages, as we make our way downhill to Dhunche .

**Accommodation:** Teahouse in Dhunche.

## **DAY 8: DRIVE FROM DHUNCHE TO KATHMANDU – 6/7 hours**

**Activities:** Return drive to Kathmandu, with time in the evening to relax or explore the city.

**Accommodation:** Overnight in Hotel

## **DAY 9: DEPARTURE FROM KATHMANDU**

**Activities:** Transfer to Tribhuvan International Airport for your onward journey.

