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GOSAINKUNDA TREK: A PILGRIMAGE TO THE SACRED LAKES OF THE HIMALAYAS

The Langtang region trekking is one of the foremost well-liked trekking regions in Nepal. Among them, Gosaikunda Trek via Dhunche is the most widespread one due to the scenic lake and mountain views. In atmospheric conditions, you'll be able to connect the Langtang and Helambu treks through the trek to the holiest, scenic, and high-altitude Gosaikunda Lake. It may also be doable to hike the path as a private trek or maybe as a comeback visit to Dhunche to the Lakes (8 days), though' the possibility of ascending in these 2 cases will cause adaptation to bother unless you have got done alternative treks more than 4000m. There square measure many lodges and guest homes square measure on the market on the way so finding shelter isn't a haul. Normally, it takes four days to trek from Dhunche, on the brink of the place to begin of Langtang Trek, and to Tharepati within the Helambu region. the full direct distance from the national capital to Gosaikunda is concerned with sixty-seven Kilometers, but we want to drive 117KM from the national capital to Dhunche via the Trishuli watercourse and that we begin the trek for Gosaikunda.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 8 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 08 breakfasts, 05 lunches and 05 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu.
- Visit of spiritual Places in the city areas and outside the city while by surface

travel.

- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu.
- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- Langtang Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section

- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, assist by our Going Nepal representative, disinfect luggage and hand carry and hand over a bag containing mask, surgical gloves, and sanitizer & transfer to the hotel. Welcome drink followed by tour briefing. The evening is free for you on your own. Stay Overnight at the Kathmandu hotel.

- Meals: Welcome Dinner

Day 2: Transfer from Kathmandu to Dhunche

Your day starts early in the morning. After breakfast, a private vehicle will come to receive you with a guide and drive to Dhunche through an exquisite village and you may see covering mountains in conjunction with the Langtang Himal. the overall drive from the national capital to Dhunche is regarding seven hours. Dhunche is the start line of the Gosaikunda Trek and conjointly headquarters of the Rasuwa District. Overnight at Guest house.

- Meals: Breakfast, Lunch, Dinner

Day 3: Trek to Chandanwari

After breakfast, you will start your trek for Deurali. You will have some rest at Deurali and start your trek to Chandanwari. You will visit Sing gumpa and the famous Cheese factory in Chandanwari. Stay overnight at Chandanwari.

- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Chandawari to Gosainkunda

After breakfast at Chandanwari, you'll begin your trek with an associate degree ascend till you reach Cholangiopathy and trek more onward to Lauribine. this can be the foremost tough part of this Gosaikunda Via Dhunche Trek. you'll be able to additionally explore the 108 lakes and visit the splendid Gosaikunda Lake. you'll be able to additionally take a dip within the Gosaikunda lake as a result of folks believing that dipping within the holy lake washes off their sins but the water may be cold. you'll see mighty mountains surrounding the lake from all sides and revel in the sunsets and sunrises from the Lake. you'll additionally visit the opposite lakes close to Gosaikunda square measure Bhairav Kunda, Bagkunda, and Surakunda. Overnight at a house in Gosaikunda.

- Meals: Breakfast, Lunch, Dinner

Day 5: Trek back from Gosainkunda to Chandanwari

After breakfast, you will trek back in the same way you come yesterday. Enjoying the magnificent views of Ganesh Himal, Langtang Lirung, and Manaslu mountains, you will reach Chandanwari overnight at a guesthouse in Chandanwari.

- Meals: Breakfast, Lunch, Dinner

Day 6: Trek back to Dhunche

After breakfast, trek back to Dhunche and overnight at Dhunche.

- Meals: Breakfast, Lunch, Dinner

Day 7: Transfer to Kathmandu

After Breakfast, you will drive back to Kathmandu by private transportation. As soon as you arrive at the hotel take a cool shower and relax for the day. Dinner and Overnight at the hotel.

- Meals: Breakfast

Day 8: Full day Kathmandu City tour

You will be served breakfast. The tour guide comes to receive you and takes you to

major sightseeing places like Pashupatinath, Boudhanath, and Bhaktapur durbar square.

Our first stop will be Pashupatinath which is one of the most important pilgrimages for Hindu people from all around the world dedicated to Lord Shiva also you will witness how the cremation procedure is done at Aryaghat, a bank of Bagmati River is a worthwhile observation to understand the Hindu rituals during the funerals and visit around the Pasupati temple.

Afterward, continue to drive to Boudhanath - Boudhanath Stupa is one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. The Tibetan flavor is well observed in the backstreets of Boudhanath. The maroon-robed monks enchanting the holy prayers and the mega statues of Buddha indulging in different mudras is a great opportunity to grasp the practices of rich Buddhist culture.

After finishing the trip in two of the major destination we move towards one of the heritage sites Bhaktapur Durbar Square- Spread over an area of 6.88 sq. km, 12 km south-east of Kathmandu, Bhaktapur, or Bhadgaon showcases the splendor of the Golden Age of Nepali art and architecture. Built by King Anand Dev Malla in the 9th century, the city was declared a UNESCO World Heritage Site in 1979. It has remained a model for heritage conservation since then. At the Bhaktapur Durbar Square, you will find many fine examples of sculpture, woodcarving, and pagodas dedicated to different gods and goddesses – the Nyatapole & Dattaraya Temples, Golden Gate, Palace of 55 windows, etc. we will stop around the area for the lunch and also if you want you can taste their traditional foods and local delicacy.

After visiting Bhaktapur Durbar Square we will make a move toward the hotel. If there's any time left then you can go shopping around a popular tourist destination 'Thamel' which will be nearby walking distance from the hotel and also you can explore around the area. Farewell Dinner with the crew of Going Nepal and overnight at the hotel.

- Meals: Breakfast

Day 9: Departure Day

Breakfast and timely transfer to the International Airport for connecting your onward flight.

Highlights

- Trekking through the Langtang region of Nepal, known for its diverse

landscapes and cultures

- Spectacular views of Langtang range and other famous peaks in the Himalayas
- Passing through traditional Tamang villages and terraced farmland
- The opportunity to experience the unique culture and way of life of Tamang ethnic group
- Challenging trek that will test your physical fitness and mental endurance
- The chance to reach Gosainkunda (4380m) a sacred lake for Hindu and Buddhist pilgrimage.
- The trek also offers the chance to explore the beautiful rhododendron forest, alpine meadows and glaciers.
- The trek is also known for the hospitality and warmth of local people.
- The trek also offers the chance to explore the beautiful Langtang National Park.

Travel Information

- Permits: A TIMS (Trekkers' Information Management System) card and Langtang National Park permit are required for trekking in the Langtang region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Langtang region is between March to May and September to November, when the weather is clear and stable.
- Route: The most popular route for trekking in the Langtang region is the Langtang Valley Trek, which typically starts and ends in Syabrubesi and takes around 7-11 days to complete.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The Langtang trek is considered moderate, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- Altitude sickness: Altitude sickness is a concern at high altitude. It is important

to be aware of the symptoms and to take necessary precautions to prevent it.

- Guides and porters: It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.
- Insurance: It is important to have comprehensive travel and trekking insurance before embarking on a Langtang trek. Make sure it covers emergency evacuation and medical expenses.
- Respect the local culture and customs: The Langtang region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- Be prepared for the change in weather: Weather in the mountains can change rapidly, so make sure to pack accordingly and be prepared for any eventuality.

Things to know

- Visa requirements: Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- Currency: Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- Weather: Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- Altitude sickness: Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mo (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist

influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.

- Conservation and sustainability: Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.