



## Gosainkunda Frozen Lake Trek

<b>Trip code</b>	
<b>Package name</b>	Gosainkunda Frozen Lake Trek
<b>Duration</b>	7
<b>Max. elevation</b>	4361 m
<b>Level</b>	EASY
<b>Transportation</b>	Kathmandu - Dhunche -Kathmandu by Private Vehicals.
<b>Accomodation</b>	Hotel and Lodge twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu/Dhunche
<b>Ends at</b>	Dhunche/Kathmandu
<b>Trip route</b>	Kathmandu - Dhunche - Thulo syapru - Sing gumba - Gosaikunda - Lauribina - Dunche - Kathmandu.
<b>Cost</b>	USD 820 per person

### Highlights

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Stunning Mountain View of Dorjelakpa (6990m, Langtang (7227m), Langtang Lirung (7200) and Ganesh himal.

Gosainkunda Holy Lake.

Test of the Best Yak Cheese in Sing Gonpa.

Tamang settlements and Their Unique Culture

Beauty of forest of rhododendron, pine, bamboo and juniper trees and other medical herbs too the flow of mountain-streams and cliff of rocks amuses for those who love nature and it's magic varieties of rare wild life- Himali Black Bear, Red Panda, Langur

## Overview

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**Lantang Pilgrimage Trek is a short and adventurous trek in Nepal, located at an altitude of about 4361 meters. This pilgrimage trek takes you to the holy lakes of Gosainkunda. This trek cuts across high passes and is surrounded by mountains with magical landscapes in view.**

Gosainkunda Frozen Lake Trekking is commonly known as Frozen Lake. It is a short and adventurous trek in Nepal. This trek cuts across high passes and is surrounded by mountains with magical landscapes in view. Trekkers love to go to this region as it is situated at an elevation of 4300 m.

Not only have the trekkers, but people with religious aspects also visited this region in huge numbers. Without a doubt, Gosainkunda is regarded sacred place for shamans, the traditional doctors as well as for both Hindus and Buddhists. It is believed that once you bathe in this holy lake all your pain, sorrows and sins will be washed off.

Gosainkunda Frozen Lake Trek in Nepal, known for its spectacular and breathtaking scenic beauty is one of the best trekking destinations in the world. Though Langtang region is very close to Kathmandu it is still able to preserve the beauty and remoteness it is known for. Commonly known as the frozen lake instead of its religious importance trekkers visit here because of the beauty and adventure it serves at the height of 4,300m.

The trail which winds around the dense forest of rhododendrons, oak, and bamboo, and the beautiful settlement of Tamang and Sherpa ultimately lead us to the divine lake of Gosainkunda and the alpine yak pasture of Kyanjin Gumpa from where the mountain panorama is spectacular.

North of Kathmandu valley there lays Ganesh Himal and Langtang Lirung. Nestled at the foot of these Himalayan ranges is a beautiful, secluded, valley filled with nature's bounty – the Gosainkunda Frozen Lake Trekking. Here the rare red pandas lurk in dense lichen-draped rhododendron thickets, and herds of blue sheep graze the alpine meadows and glaciated valleys amidst a scenery of lofty Himalayan peaks.

From Kyanjin Gumpa we will have a chance to climb a ridge on Tserko Ri Peak (5033m) or hike to the foot of Langshisa glacier, for an incredible view of glaciers, icefalls, and snow fields surrounded on all sides by high mountains. On the way return, we will hike up to the holy Gosainkunda Trek lakes and Laurebenayak pass where the Home of Lord Shiva according to Hindu Mythology.

At Gosainkunda, we will be able to see more than 5 lakes which lie over 4200 meters. The region of Langtang and Gosainkunda although easily approached from Kathmandu is far less trekked than the Annapurna or Everest areas making it all the more attractive. A wonderful walk through a naturalist's trail. There are nine other lakes surrounding the Gosainkunda and once a year in August, the festival of Janai Purnima, hundreds of Hindu pilgrims gather here during the Full Moon to take a holy bath in the lake.

Moderate to Strenuous trekking and lodging between 2000m and 4,380m with one pass crossing of 4,610m and optional hiking to 5,033m on Tserko Ri Peak. Accommodations in comfortable lodges run by local families. The trek starts with a drive from Kathmandu and includes all meals, services of an experienced trek guide, and porters to carry luggage. Clients carry a day pack only and walk at

their own pace.

## Trip Itinerary

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### Day 1 : Drive Kathmandu to Dhunche (1950m) – 6-7 hrs drive.

Early morning after having breakfast, we drive from Kathmandu to Dhunche (1950m.) which takes about seven hours. Along the bus journey, we will view a beautiful village and snow Scrapped Mountain along the Langtang Himalaya and it will make our trekking become pleasant and touch our heart. We head north out of Kathmandu driving through scenic foothills and ridgeline vistas to Dhunche. The first part of our drive up to Trishuli Bazaar are quite smooth. The path then moves along the gravel road. During the rainy season, the way is sometime blocked due to landslides. Overnight at tea house.

### Day 2 : Trek Dhunche to Thulo Syabru (2260m) – 5 hrs walk

Trek from Dhunche to Sing Gompa takes about five hours. The first part of the trails ascends gradually through mineral water factory up to Ghatte Khola (stream). Our trail slightly goes pair landslide and leads us to Thulo Syabru (2,260m). Thulo Syabru is a beautiful Sherpa and Tamang village from where we can observe the miraculous vista of Langtang Himal and Ganesh Himal. Overnight at Thulo Syabru.

### Day 3 : Trek Thulo Syabru to Sing Gompa (3250m) - 5 hrs walk

After morning breakfast in Thulo Syabru village the trail slightly goes. Crossing a suspension bridge over this stream, we begin to trek steep up until we reach Sing Gompa through pine, silver oak and rhododendron forests with marijuana plants. There is an old cheese factory at Sing Gompa. Along the trail we will pass several mountains village to reach Sing Gompa and visit cheese factory in the Langtang region of Nepal, where we will stay for overnight.

### Day 4 : Trek Sing Gompa to Gosainkunda (4361m.) via Laurebenayak La (3920m.) – 6 hours walk

Trekking from Sing Gompa to Gosainkunda (4361m.) via Laurebenayak La (3920m.) takes about six hours. The first part of the trail giving and exotic feeling emerges gently ascent up to Laurebenayak. Then the trails steeply ascend all the way to Gosainkunda. We follow a rugged trail with dramatic views; to the west Himal Chuli (7893m) Manaslu range (8156mm), Ganesh Himal range(7406m), Tibetan peaks and Langtang Lirung. On a clear day, even the Annapurna range can be seen rising up behind and to the north across the valley is Langtang Lirung. We pass a few huts in the high pasture of Laurebenayak, cross a small ridge and have your first views of the holy lakes. There are about a dozen lakes in the Gosainkunda Basin, the main three being Saraswatikunda, Bhairabkunda, and Gosainkunda. According to legend, Gosainkunda was

created by Shiva when he pierced a glacier with his trident to obtain water to quench his thirst after having swallowed a poison that threatened to destroy the world. Stay overnight at tea house.

### **Day 5 : Trek Gosainkunda to Sing Gompa (3250m.) or Chandan Bari (3250m.) – 5 hrs walk**

Trek from Gosainkunda to Sing Gompa (3250m.) or Chandan Bari (3250m.) takes about five hours. Chandan Bari is small town with few lodges and Monastery. The Cheese factory here is the oldest in Nepal. The trail descends all the way to Sing Gompa passing Laurebenyak with magnificent mountain views and forests. We can view rhododendron and pine forest trees and vista of Ganesh Himal, Langtang Lirung, and Manaslu range, Hiunchuli and Tibetan peak throughout the trail. Stay overnight at lodge.

### **Day 6 : Trek Sing Gompa to Dhunche – 6 hrs walk**

After taking morning breakfast in Chandan Bari Sing Gompa, our trail directly drops us downhill to Dhunche via small village of Ramche and other village along the route. Today our journey will be more enjoyable and beautiful. The first part of the trail descends through pine, silver oak and rhododendrons forests with marijuana. Then we cross suspension bridge over the Sing Gompa Stream. Now the path stretches at flat level through some human settlements and mineral water factories up to Dhunche. It is a small town and headquarters of Rasuwa district. Finally arrive in Dhunche. Stay overnight at lodge.

### **Day 7 : Drive from Dhunche to Kathmandu and transfer to hotel – 8 hours drive**

Today, we drive back to Kathmandu. It is a pleasant drive back to Kathmandu enjoying the natural varieties of Nepal. Having lunch on the way, we reach Kathmandu after eight hours long drive. Transfer to the hotel and rest.

## **Inclusions**

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### **What is included?**

kathmandu - Dhunche - Kathmandu by Private vehicals.

Trekking permits and TIMS (Trekker's Information Management System) card.

Experienced and licensed trekking guide.

Porter service to carry your luggage (one porter for every two trekkers).

Accommodation in teahouses or lodges during the trek.

All meals (breakfast, lunch, and dinner) during the trek.

Langtang National Park entrance fee.

Basic first aid kit.

All Government taxes and service charges

### **What isn't included?**

International airfare to and from Kathmandu.

Nepal entry visa fees.

Personal travel insurance (covering medical, evacuation, and trip cancellation).

Accommodation and meals in Kathmandu (beyond the itinerary).

Personal expenses, such as laundry, phone calls, internet access, etc.

Additional porters or services if needed.

Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**