



## Langtang Gosaikunda



### Introduction

The region is a narrow valley located on the border of Tibet. This region is inhabited by Tibetans and Tamangs. The holy lake Gosaikunda, many Himalayan peaks like: Langtang-ri, Langtang Lirung, Dorge Lhakpa Peak gives immense beauty to this region. Also the valley is famous for experiencing a different life style, customs, and traditions of Himalayan people. This region gives an opportunity to explore Langtang National Park, villages, climb small mountains and to visit glaciers. Area is famous for its natural beauty and wonderful climate with superb snow capped mountain views.

Gosaikunda is easily accessible from Kathmandu. Each area in itself is a good choice for those with limited time. It offers many features that range from culture to adventure. In a week to ten days, anyone can visit one of these areas by crossing high mountain passes. A three-week trip could cover all the three areas. The Himalayan views overall are not quite as spectacular as in the Annapurna or Khumbu region, but they remain unforgettably beautiful plus the trails are less crowded and the people are friendly and interesting. The Helambu-Gosainkunda trek takes one to Gosainkunda Lake - a sacred site for devotees of Hindu God Shiva. It is famous for both trekking and pilgrimage

The Langtang valley is surrounded by high peaks of great appeal. It has become famous ever since the British mountaineer Bill Tilman described it as the most beautiful valley in the world. The highest peak in this area is Shishapangma or Gosainthan 8027m in Tibet. The course from the Langtang valley to Gosaikunda is full of diversity and it is attracting many tourists. The Langtang valley is also known as the treasure house of Alpine plants. The whole valley is covered with flowers during the summer. This high and isolated region is inhabited by Tamang's whose religious

practices, language and dress are much more similar to Tibetan.

## Facts

- Altitude: 3870m<
- Duration: 7 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal
- Best Season: Oct - Dec, Feb - Apr
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel, lodge
- Transportation: Private/Local bus

## Highlights

- Cultural and traditional Tamang and Tibetan Lifestyle
- Deep Gorge and river as well as terraced meadow and fascinating forest
- Absolutely superb view of Dorji Lakpa, Langtang-Ri and Langtang Lirung
- Red Pandas, Monkeys and species of Birds
- Fantastic ice faces of Tumbling glacier
- Old Buddhist monastery and Yak Cheese factory
- Deep gorges & rivers as well as terraced meadows & fascinating forest.

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu sightseeing & preparation for the trek. Meal Includes: Breakfast Dinner
- **Day 3** : Drive to Syabrubesi (1,550m): 145 km 6/7 hours' drive. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 4** : Trek to Lama Hotel (2,380m): 6 hours trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 5** : Trek to Langtang village (3,430m): 6/7 hours trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 6** : Trek to Kyanjin Gumpa (3,870m): 3/4 hours trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 7** : Visit to Tserko Ri and trek back to Langtang: 5/6 hours trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 8** : Trek back to Syabrubesi: 6 hours trek. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 9** : Drive back to Kathmandu: 145 km 6/7 hours' drive. Meal Includes: Breakfast, Lunch and Dinner Included.
- **Day 10** : Departure day from Kathmandu

**Note:** The above itinerary can be tailor-made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It depends of the group.
- 3 nights accommodation in 3 star category hotel in Kathmandu.
- Meals on full board (Breakfast, lunch and dinner) during trekking.
- Local fresh fruits like oranges, apples, bananas and grapes etc.
- All accommodations during the trek.
- Trekking map.
- all Transport during a Trekking .
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talkie
- All necessary Government paper works and national park entry permits and TIMS Card etc.

- Travel & Rescue arrangement.
- All government taxes and Vat.

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons, joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, regulators and the brands the clients require
5. The itinerary may be changed after mutual understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [MY ACCOUNT](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.

- International airfare.
- Nepal entry visa ( You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kinds of drinks (Alcoholic, Special Coffee,cold drinks etc.)
- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tours and sightseeing and other activities etc.

