Xtreme Climbers Treks And Expedition Pvt Ltd

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Gosaikunda Lake Exploration and Shamanism Spiritual Trip

Introduction

Gosaikunda Lake: is Nepal's one of the most famous religious and pilgrimage place for the people who believe in a mix of Shamanism and Buddhism, the lake is a holy site and a source of power. situated at a height of 4380m, encircled by high mountains on the north and east. This lake is splendid and scenic. Each year during Janai Purnima (August Full Moon day), thousands of Hindu pilgrims come here for blessings. The large rock in the center of the lake is believed to be the head of lord Shiva. Shamans ("Dhami or Jhankri") are called Bon-Po in Tamang language, a different pre-Buddhist sect, and come from all over Nepal to the lake, to be there on full moon night. Shamans perform spiritual dancing and singing during the ceremony and this day is considered holy by the shamans, whereby apprentices or "junior Jhankris" obtain graduation from their masters or senior shamans.

Legend says; Lord Shiva created this high altitude lake when he pierced a glacier with his trident to get a water to quench his thirst from consuming some poison. On this day, you can take shaman's healing and other spiritual practices. Joining the Gosainkunda Lake full moon festival means, your trek almost becomes like a pilgrimage, watching all the activities done by local people, Hindu and Buddhist visitors and the Shamans. The major attraction of this trek is Holy Gosainkunda Lake, Naagkund, Bhairabkund, typical shamans dance during the full moon in August, unique and long-established Tamang Culture and Excellent Himalayan scenery

Facts

- Altitude: 4380<
- Duration: 7 days
- Group: 2 - 15
- Country: Nepal

Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2 :** Drive from Kathmandu to Dhunche on 2030 m by private vehicle (6/7 hours). Meal includes: Breakfast Lunch Dinner
- **Day 3 :** Trek from Dhunche to Shing Gompa on 3250 m /4-5 hours. Meal includes: Breakfast Lunch Dinner
- **Day 4 :** Trek from Sing Gompa to Gosaikunda Lake on 4380 m/3-4 hours. Meal includes: Breakfast Lunch Dinner
- **Day 5 :** Exploration day. Meal includes: Breakfast Lunch Dinner
- **Day 6 :** Early morning after the breakfast descend down towards to Sundarijal. Meal includes: Breakfast Lunch Dinner
- **Day 7 :** Final Departure from international airport

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 for further details.*

Cost Includes

Full Board Service Includes

- Free airport-hotel-airport pickup and drop by car or van depends on group size.
- Well experienced, government registered, English speaking guide.
- Necessary required Porters to carry your backpack (2 clients 1 Porter).
- 3 nights accommodation with breakfast at standard hotel in Kathmandu with breakfast.
- Kathmandu Historical monuments and pilgrims city tour as per the above itinerary with tour guide and private Car/Van if required.
- Meals (breakfast, lunch and d[illegible] Tea and coffee and hot water during the trek.
- Necessary ground transportati[illegible] trip
- Office Service charge, governme[illegible] etc.
- Langtang National Park permit and [illegible] permits.
- Tourist service charge, Vat and TIMS p[illegible]
- Necessary porters to carry your trekking stuff.
- Insurance, food, accommodation and salary of entire trip crew

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 dont'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, mask regulators and the brands the clients require

5. The itinerary may be changed after reaching an 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 **info@xtremeclimbers.com** or login to for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Bar bills, beverages such as cook, Fanta, Sprite and special coffee.
- Laundry service, phone call, internet and Wifi services.
- Travel insurance, international air fare to and from Nepal.
- Emergency evacuation, Heli Rescue (We can manage just in case of required)
- Nepal Tourist Visa fees and Items and expenses of personal nature
- Personal Trekking Equipments
- Gratitude and tips for your guide, porters and driver

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