



Langtang Gosainkunda Trek - 16 Days

Trip fact:

Designation	: Nepal
Region	: Langtang Region
Duration	: 16 Days
Maximum Altitude	: Tserko Ri (4984m/1635ft)

Outline Itinerary:

- Day 01:** Arrive Kathmandu (1400m/4593ft)
- Day 02:** Final Trekking Preparations (1400m/4593ft)
- Day 03:** Drive to Syabrubesi: 1503m/4931ft
- Day 04:** Syabrubesi to Lama Hotel (2470m/8014ft)
- Day 05:** Trek to Langtang Village (3430m/11253ft)
- Day 06:** Trek to Kyanjin Gompa (3870m/12697ft)
- Day 07:** Explore Tserko Ri (4984m/16352ft)
- Day 08:** Trek back to Lama Hotel (2470m/8104ft)
- Day 09:** Trek to Thulo Syabru 2230m/7316ft
- Day 10:** Trek to Sing Gompa (3300m/10827ft)
- Day 11:** Trek to Gosainkunda (4380m/14370ft)
- Day 12:** Trek to Ghopte via Lauribina Pass (4610m/15125ft)
- Day 13:** Trek to Kutumsang (2470m/8104ft)
- Day 14:** Trek to Chisapani (2215m/7267ft)
- Day 15:** Trek to Sundarikal and Drive to Kathmandu (1400m/4593ft)
- Day 16:** Departure



Cost Include:

- ✔ Complimentary airport pick-up and drop-off services.
- ✔ Complimentary welcome dinner upon arrival.
- ✔ Two-night stay in Kathmandu upon arrival, including breakfast.
- ✔ All necessary trekking permits, TIMS cards, and related paperwork.
- ✔ Accommodations provided throughout the trek.
- ✔ Three meals daily during the trek, accompanied by a cup of tea or coffee.
- ✔ Fresh fruit daily, whenever available.
- ✔ Complimentary duffel bag, agency T-shirt, trekking map, and sleeping bag.
- ✔ Government-registered local guide proficient in English, with first-aid training.
- ✔ First-aid kit available throughout the trek.
- ✔ Road transport from Kathmandu to Syabrubesi.
- ✔ Road transport from Sundarimal back to Kathmandu.
- ✔ Staff insurance covers meals, accommodations, equipment, and transportation.
- ✔ Rescue arrangements, if necessary.
- ✔ Agency service charge, government tax, or VAT.
- ✔ Certificate of Achievement.

Cost Exclude:

- ✘ International airfare to and from Nepal, and Nepal visa fees.
- ✘ Lunch and dinner expenses in Kathmandu.
- ✘ Optional porter service for carrying backpacks (available upon request).
- ✘ Personal insurance against loss, theft, and other personal expenses.
- ✘ Sightseeing costs at temples, monasteries, and other attractions.
- ✘ Additional expenses such as beverages, snacks, laundry, hot showers, battery charging, and wifi.
- ✘ Tips for staff members.



Trip Highlight

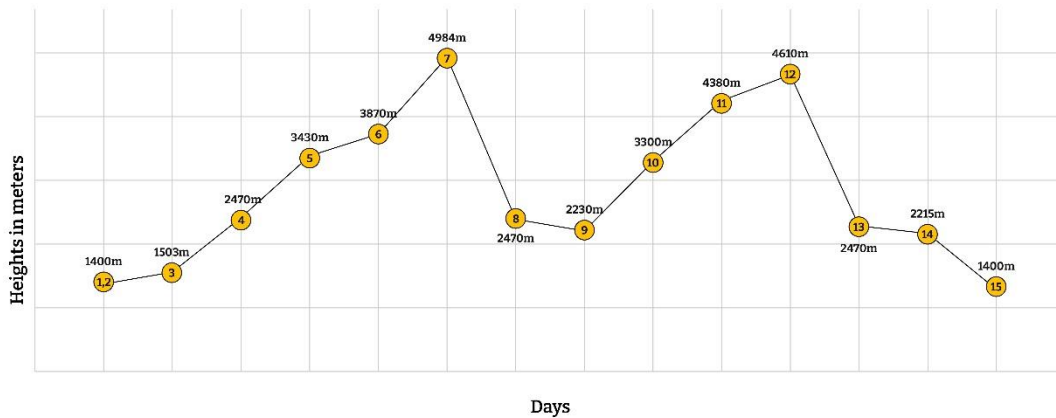
- ✔ Trek to Langtang valley which has glaciers, various species of trees, and shrubs, lush greenery and cultivated fields with terracing.
- ✔ Make use of the opportunity of gaining more knowledge of the Red Panda.
- ✔ Experiences of beautiful surroundings consisting of mountains with snow cover, water falls, deep gorges, milling systems that operate through stone and suspension bridges.
- ✔ You will get a beautiful glimpse of mountains including Langtang Lirung, Gang Chenpo, Naya Kanga, Dorje Lakpa, Kimsing & Yansa Tsenji .
- ✔ In Kyanjin Ri and Tserko Ri trek you will have an exciting view of the landscape of snow clad mountains.
- ✔ Your Langtang Gosaikunda Trek trail passes through beautiful Rhododendron, pine, maples, oaks and other sub-tropical forests.
- ✔ Explore the cheese factory around Kyanjin Gompa and Shin Gompa.
- ✔ Engage the people of Tamang ethnic group just to sightsee and to also feel their lifestyle, traditions, and practices.
- ✔ Visit the Gosaikunda, which is a holy place and the other waterfalls like- Bhairab Kund, Saraswati Kund, Surya Kunda.
- ✔ Get the opportunity to explore Langtang National Park along with Shivapuri National Park: rewrite all the sentences, but do not remove or add any information.



Route Map:



Langtang Gosainkunda Trek 16 Days



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Payment process

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

Cancellation policy

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted.
- Cancellation on the same day: 25% of full payment will be deducted.
- No refund on cancellation after departure.
- If you need to postpone your trip, there won't be any additional charges i.e you'll be able to go on the trip at the originally booked amount.

List of Trekking Equipment for the trek

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

Head and Hand

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

Upper Body

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks
- Sandals
- Lightweight Hiking/Trekking Boots



Toiletries

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

Miscellaneous

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

Travel Document

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram ([@adventuremastertrek](https://www.instagram.com/adventuremastertrek)) or get in touch via [WhatsApp \(+9779851033195\)](https://www.whatsapp.com/+9779851033195). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

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We are recommended on



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