



info@naatatravels.com

Gosaikunda Spiritual Trek

URL: <https://naatatravels.com/trip/gosaikunda-spiritual-trek/>

Duration

7 Days

Per Person Cost

USD 490

Difficulty

Demanding

Group Size

1-16

Maximum Elevation

4380 meters

Accommodation

3-star hotel in Kathmandu and Teahouses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu and all meals during the trek

Departure

Kathmandu

Trip Route

Nepal

Major attractions For Gosaikunda Spiritual Trek

Perfect for those wishing to go to the himalayas but have limited time.

Explore the holy and spiritual lakes such as Gosaikunda, Surya Kunda and Bhairav Kunda.

Panoramic views of the Langtang range, Ganesh Himal, Manaslu and more.

Home to a diverse flora, fauna and the endangered red panda, snow leopard among others.

It is a picturesque hike with an immersion into the lifestyle of the local people.

Best for visitors seeking Spiritual Escape makes the gosaikunda best.

Trip Overview

The Langtang Gosaikunda Spiritual Trek in Nepal is a popular trek that leads to the holy lakes of Gosaikunda. Located in Langtang National Park, this lake holds religious significance to Hindus and Buddhists. Moreover, the lake has more religious significance to Hindus, as it is believed that the god Mahadev, due to grief over the loss of his wife, struck a rock with staff and caused waters to flow, forming the river. There are scientific reasons for creating the lakes, but the lakes are associated with spiritualism. During the full moon day of September (Janai Purnima), the lakes get many visitors from domestic and Indian pilgrims. Legend has it that a dip into these holy waters washes away one's sins, pain, and sorrows. The trek route is full of natural beauty and views of Langtang. We can also see the picturesque view of Langtang Lirung. Gosaikunda is a sacred alpine lake. Reaching Gosaikunda would take around **4-7 days**, and the trek costs around **500- 800 dollars**.

Sitting high at 4380 meters above sea level, the trail to the lake is adventurous and equally beautiful. The trail leading up to the lake also boasts picturesque views, Tamang ethnic people, diverse wildlife, and an array of flora and fauna. In addition, the surrounding views of the mountains from the lakes are awe-inspiring. The trail passes through the high and challenging Lauribinayak pass, from where one can see all the mountains of the Langtang range, Paldor Peak, Sisanpangba, and the eight thousand Manaslu.

The trek began in the Tamang village of Dhunche, on the banks of the Bhote Koshi River. The road goes up steeply through the town of Chandanbari and then gradually up to Cholangpati, a city with beautiful views of the mountains and hills nearby. After that, there is another hard climb to Lauribinayak Pass, which is **4300 meters** high. After another two to three hours of easy walking, you'll reach the holy and spiritual waters of Gosaikunda. One of the spiritual tours in Nepal is the hike. You can make a round trip to the Langtang Valley and add Gosaikunda for a more in-depth look at the [Langtang region](#), or you can go on the Gosaikunda helambu hike.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist

monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 6-7 hours: Drive to Dhunche (2030meters) and trek to Deurali (2600 meters)

After breakfast, we start our drive from Kathmandu to Dhunche. The roads are mostly unpaved till Dhunche but are scenic still. We have lunch at dhunche and start our trek. The trail is gradual till we come across a suspension bridge after which the trail is steep throughout till we reach Deurali. We stay the night in Deurali.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2600 meters

Day : Trek to Lauribinayak

We start our day after breakfast. Its a steep hike until Dhimsa. After Dhimsa we will continue our uphill hike till we reach Chandanbari. Its one of the most beautiful stops in the trail to Gosaikunda with nice teahouses and makes a good resting spot. The trail from Chandabari to Cholangpati is gradual and the trail is covered with mostly pine forests. After having a brief lunchbreak we start another uphill climb towards Lauribinayak which will take us an hour. We stay the night in Lauribinayak.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3900 meters

Day : Trek to Gosaikunda (4380 meters) and back to Chandanbari

We continue on the steep trail and pass by a small Buddhist Mane. Continuing further the trail starts getting more cautious and we walk on a small trail on the edge of the hills with searing drops down below. Walking for a further two hours we pass by Bhairav kunda and reach the holy lake of Gosaikunda. We spend a couple of hours there and retrace our steps back to Chandanbari where we stay the night.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4380 meters

Day : Trek to Dhunche

Walking on the same trail for about 4-5 hours we reach our starting point that is dhunche. We have lunch at Dhunche and drive back to Kathmandu

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2030 meters

Day : Departure

Our trip concludes today and a representative from Naata Trek and Tours will escort you to the international airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures trekking bag, t-shirt and trekking map (which are yours to take)

- All necessary paperwork and trekking permits
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Dhunche in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Accommodation and Food in Gosaikunda Spiritual Trek

The accommodations are the basic ethnic teahouses, which you will find aplenty. *The teahouses are mostly built with stones and wood, providing a cozy and authentic experience.* You will find a hallway acting as a dining area and an indoor firewood heating area where you can rest your legs after a hard day of climbing. You will see travelers sitting around the fire, allowing you to interact with other travelers. The bedrooms are shared between 2-3 people and have a shared bathroom.

These mountains' food is primarily local, including Tibetan Bread, momos (dumplings), potatoes, dal bhat (rice, lentil, and curry), and other Tibetan-inspired offerings. In addition, you will also have some choice of Western food, such as pancakes, noodles, oatmeal, and even pizzas in the lower regions.

Best Season For Gosaikunda Spiritual Trek

The best seasons to trek the Gosaikunda Gosaikunda Spiritual Trek are the autumn (September to November) and spring (March to May). Trekking to the Gosaikunda Spiritual is possible during monsoon season and winter, but it comes with difficulties. For instance, the monsoon season brings quite a bit of rainfall, the trails can be slippery, and there will be abundant leeches. The winter season can be harsh due to the cold temperature and a lot of snow, making it difficult to traverse the terrain.

The lakes can be frozen and blanketed by snow, making up for poor visibility. However, the monsoon and the winter can be a good option if you like solitude while trekking. But make sure to carry enough warm

clothing for the winter and rain jackets for the monsoon. *The best time to hike the Gosaikunda is during the spring.*

Trekking permits

You will require trekking permits, including a TIMS card and Langtang National Park entry permit.

TIMS

TIMS is a card that carries all the information of a trekker. The card contains details about your trekking destination and is a must-have document before you go on any trek in Nepal except the Everest Region. This document is essential for the traveler's safety and helps track the trekkers in case of unforeseen events. You can get the TIMS permit from the Nepal Tourism Board or TAAN. You will need a copy of your passport and two passport-sized photographs.

National Park Entry Permit

Gosaikunda is in the Langtang National Park, so you will also need a national park entry permit. These permits can be obtained at the Nepal Tourism Board office in Kathmandu or Dhunche, the park's entry point.

Hire a Guide or Porter

Having a guide for your Gosaikunda Spiritual trip is mandatory, and we ensure a government-licensed, experienced guide with good knowledge of the trail accompanies you. However, hiring a porter is optional. Hiring a porter can be very useful if you want to trek in comfort or have problems carrying your bags.

Frequently Asked Questions

How do I go to Gosaikunda Spiritual Trek from Kathmandu?

To start your hike to Gosaikunda, you must get to Dunche. The only option to get to Dhunche is by road, and you will need an SUV, as there are some rough sections on the way.

Which season is suitable for the Gosaikunda Spiritual Trek?

The spring and autumn seasons are the most favorable times to do Trektrek. It is also possible in early or post-monsoon, but bear in mind that there will be no shortages of leeches trying to get a piece of you.

How many days does it take to reach Gosaikunda from Kathmandu?

You can reach Gosaikunda from Kathmandu in 2-3 days. Two days is the shortest time, and three days is also optimum if you want to travel comfortably.

What is the elevation of Gosaikunda lake?

The elevation of Gosaikunda Lake is 4,380 meters, and it is considered a high-altitude lake.

Why is Gosaikunda famous?

Gosaikunda is a religiously significant lake for Hindus. It attracts thousands of visitors to Janai Purnima, and its waters are also considered holy. Lord Shiva is believed to have created the lake by piercing it with his trident. Furthermore, the trail leading up to the lake and the views of the Himalayan range are pretty pleasing to the eye.

How long does it take to reach Dhunche from Kathmandu by bus?

Although the road distance is just 100 kilometers, it takes around 4 hours to complete it, as the road is twisty and has some rough sections.

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal