



COMMUNITY ACTION TREKS

Langtang and Gosainkunda Trek

A longer trek than the regular Langtang route, offering spectacular views at a more leisurely pace.



NEPAL





GRADE
MODERATE

MAX ALTITUDE
4773m

TREKKING DAYS
14

TRIP LENGTH
19 days

MIN PEOPLE
4

Langtang and Gosainkunda Trek

Langtang is the name of a beautiful valley that lies north of Kathmandu, straddling the Tibetan border. It is as spectacular as some of the more visited regions of Nepal, with several 7000m peaks surrounding the valley, but trekking here is a much more authentic experience as the number of tourists is much lower than in the Everest and Annapurna regions.

On this trek we start in the lower Langtang Valley, trekking through its forests and among the villages and farmlands of its people, many of whom are from Tibetan origins. Emerging above the tree line into a wide glaciated valley, we have a couple of days set aside to explore its icy upper reaches: a jumble of peaks, glaciers and moraines. We then follow the pilgrimage route to Gosainkund's sacred lake where, if we are lucky, we may get stunning views of many Himalayan peaks. Crossing a 4600m pass we descend towards Kathmandu through the Helambu region. During part of the trek, you will be walking through national park and though wildlife is never easy to spot in a forest setting, your chances of seeing some interesting animals and birds, among them monkeys, Musk deer, Pika and the Danphe (the national bird of Nepal) may be greater here than elsewhere in the country.

The trek is fairly strenuous because of its length and is more demanding than the straight Langtang Valley trek. We have a couple of long days of trekking, but many of the shorter days allow you time to explore around camp and take in the magnificent surroundings at a more leisurely pace.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1520 per person* (land only price - see last page)

*prices subject to change



Langtang and Gosainkunda Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

Day 2

Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Drive to Sybrubensi 1440m via Dhunche (7-8 Hour drive).

After breakfast we'll drive to Shyaphrubesi, a village with huge stone houses, passing by Trishuli Bazaar and Dhunche. Along with the green hills, villages, and rivers, we will be looking at snowcapped peaks. Driving on a bumpy and winding road, we reach Sybrubensi where we stay overnight.

Day 4

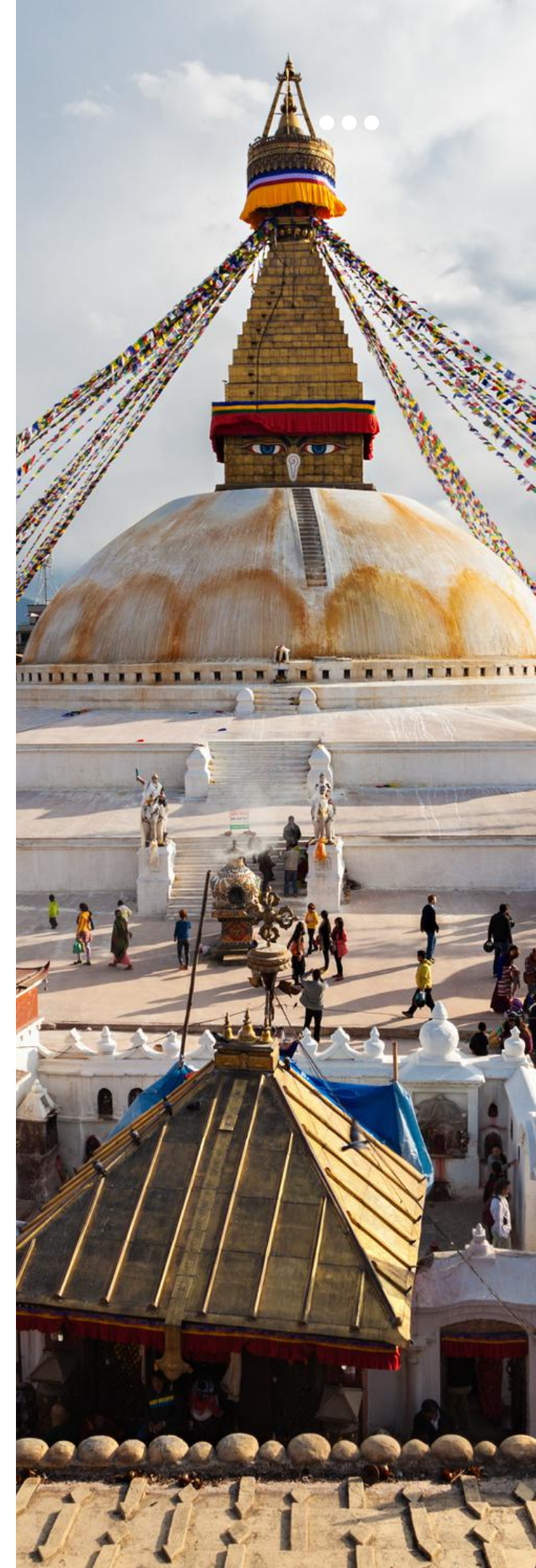
Syabrubensi to Sherpa Gaon 2500m (5 hours walking).

Our first day's walk starts with a climb out of the river valley to Bhanjyangaon, from where the route contours along the sunny south facing slopes to the lodge. This is quite a hard first day but rewards us with some stunning views whilst you catch your breath!

Day 5

Sherpa Gaon to Lama Hotel 2480m (4-5 hours walking).

An easier day spent mostly contouring along the valley side, to reach Lama Hotel and the valley floor.





Day 6

Lama Hotel – Langtang Village 3480m (4-5 hours walking).

We follow the Langtang river upstream through a beautiful area of forest, which in the early morning will be alive with bird song. The trunks and branches are festooned with moss and lichen and a variety of unusual wildflowers carpet the forest floor. Every so often, it thins out and we start to get views of the snow-clad peaks in the distance. Once past the checkpoint at Ghora Tabela (2950m), the path becomes gentler as it emerges above the tree line. We are now in a wide, glaciated valley and as we approach the village of Langtang, where we stay overnight, water powered mani wheels line the path. The village has its own small hydroelectric scheme and several community development projects, including the school that Community Action Nepal has rebuilt.

Day 7

Langtang - Kyangjing Gompa 3900m (4-5 hours walking).

Leaving Langtang village and the cultivated land behind, the path traverses glacial debris and dry riverbeds. By now we are amongst the high peaks and Langtang Lirung (7245m) towers above. We arrive at Kyangjing by lunchtime leaving plenty of time to explore the area surrounding the village, which is settled by people of Tibetan origin. The Tibetan border lies only a few miles to the north of here.

Day 8

Exploring the upper valley.

Free day to explore the wonderful surrounds of the upper valley. Walking further up the valley to Langsisa a climb to Kyimosshung, a 4620m peak behind the village, is one option for those would like to. This is a two - three hour walk. The views of Langtang Lirung's face and its glacier below are awesome. Dorje Lakpa and shapely Kangchenpo (Fluted Peak) lie further up the valley and beyond the Tibetan border lies the mighty Shishapangma.

Day 9

Kyangjing – Ghoretabela 3020m (6 hours walking).

Today We return back down the valley to Ghoretabela.

Day 10

Ghoretabela to Thulo Syabru Gaon 2200m (5-6 hours walking).

Retracing our steps initially, after the Lama Hotel we strike new ground, crossing the river to the south bank, which is shaded and forested. The trail is fairly level to start with as we walk along the forested banks of the river. Listen for monkeys which are often spotted in the area. At the aptly named settlement of Landslide, the path climbs for a short way to reach the village of Thulo Syabru, which straddles a ridge.

Day 11

Thulo Syabru Gaon to Sing Gompa 3350m (6 hours walking).

From here begins the real climb of the day, through forests to start with but opening out onto a ridge at 3200m, from where we get new views west to 7406m Ganesh Himal. The settlement of Sing Gompa, with its monastery and cheese factory, is our stay for the night.

Day 12

Sing Gompa - Gosaikunda Lake 4390m (6 hours walking).

Today's trail follows a ridge with a newly created red panda reserve below it, but trekkers are more likely to spot the tiny Pika (a small mouse like mammal) in these parts. The rhododendron forests thin out as we reach Laurebina Yak (3925m) and the first views of the cluster of lakes at Gosainkund can be seen. But it is the view to the west in clear weather which steals the show – the Ganesh Himal, Manaslu and even the distant Annapurna's form an impressive panorama. Gosainkund is a place sacred to Hindus who flock here on the August full moon to celebrate the Janai Purnima, with a ritual bathe. Buddhists celebrate the occasion as the day on which Buddha received enlightenment.

Day 13

Contingency day or Gosaikunda rest day.

A rest day, or spare day in case we fall behind schedule. It is well worth scrambling 500m up onto the ridge north of the lake for the tremendous views of Langtang and peaks in Tibet.

Day 14

Gosaikunda - Tharepati 3505m (7 hours walking).

A long day trekking through challenging country. We start by climbing to the pass at Surjakund (4640m) then descend gradually through forests of juniper, rhododendron and bamboo, before climbing again to Tharepati. If we are lucky with the weather, the views today can be superb. Tharepati is a summer grazing settlement that straddles a ridge, from where we get further impressive views of the ranges to the east.

Day 15

Tharepati- Melamchi 2530m (5 hours walking).

A steep descent through rhododendron forest to the beautiful sherpa village of Melamchigaun where CAN have a constructed a school and accommodation block. It might be possible to visit the school and meet the children and teachers.





Day 16

Melamchi – Milarepa Health Post 2918m (5 hours walking).

We continue our descent down the valley to Melamchi Pul Bazaar. On route, we may visit another project, Milarepa Health Post, which CAN has supported, where we may talk with the nurses.

Day 17

Drive to Kathmandu (5 hour drive).

We finish our trek this morning, trekking to the trailhead from where we will travel by road back to Kathmandu. The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.

Day 18

Free day in Kathmandu.

A day to explore Kathmandu and do some last-minute shopping.

Day 19

Depart Nepal.

Transfer to Kathmandu airport.





The price includes (on a lodge basis):

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD).
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at www.catreks.com

Community Action Treks,
Stewart Hill Cottage, Near Hesket Newmarket,
Wigton, Cumbria,
CA7 8HX

Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.