

## Gosainkunda trek



### Introduction

Langtang Gosainkunda is a great trek that offers outstanding scenery and flanking to the massive snow-capped mountains. The trek starts with a long drive through Trishuli Bazar and Dhunche to Syabrubensi passing through ethnic Tamang villages located on the edge of the Langtang National park. Small Tamang settlements, which are surrounded by thick pine forests, rhododendron, bamboo forest, high snow-capped majestic Himalayas, and holy Gombas. Gosainkunda is an alpine freshwater frozen lake in Nepal, located at an altitude of 4,380 m. The lake melts and slips down to Trishuli River. Gosainkunda is the adobe of the Hindu deities Shiva and Gauri. The Hindu scriptures Bhagabata Puran, Bishnu Puran, and the epics Ramayana and Mahabharat refer to Samaundra manathan, which is directly related to the origin of Gosainkunda. Its water is considered holy and of particular significance, during the Gangadashahara and the Janai Purnima festivals, thousands of pilgrims from Nepal and India visit the area. Gosainkunda is believed to have been created by Lord Shiva when he was thrust.

### Trip Facts

Trip Duration	16 Days
Trip Grade:	Moderate
Per Day Hiking:	6/8 hrs
Elevation	4380 meter
Accommodation	Tea house / Lodge
Transportation	Bus/ Jeep

## Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program.
- Guided Kathmandu city sightseeing tour including entrance fees.
- Langtang National Park entrance and trekking permit & TIMS card.
- To and from transfer by bus. (Option with additional cost for private transport)
- Three meals a day (Breakfast/ Lunch/ Dinner) tea/ coffee during the trek.
- Teahouse/ Lodge accommodation during the trek.
- An experienced guide including his salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, t insurance, lodging and food.
- A first Aid medical kit box.
- All government tax and local taxes.