

## **Langtang Region:**

Langtang Region, third most well-known trekking region in Nepal lies north of Kathmandu which offers the chance to explore the high Himalayas, Himalayan glaciers and Tamang communities with Buddhist culture. Located nearby Kathmandu valley, the Langtang region in Nepal is one the best places for trekking in Nepal, and open via land or air transport. Known to be the first National Park in Nepal, the Langtang region ways out of green valleys, enormous glacier, high elevated mountain passes and rural village. Snowy Dream world will ensure you will get the best exploration while you are on a Langtang Nepal Trek.

Langtang is the third most prominent trekking region in Nepal that lies in the upper east of Kathmandu. As Langtang is less well known than Everest Trekking or Annapurna trekking, the trails are pristine and trekkers can visit the region with no challenging. Snowy Dream World offers an assortment of treks in the Langtang Region. Most basic are the Helambu trek or the Langtang Gosaikunda Trek, yet we at Snowy Dream World emphatically trust in making new route to find new places and give your trek a much increasingly one of a uniqueness. Trekking in the Langtang region of Nepal is an extraordinary method to get acquainted with Nepal's incredible outside. The trails lead all over, through and over rivers, passing amazing huge glacier and experience rural and traditional towns. Strolling over the old exchange route between the Ganesh and Langtang Himalayas and visiting Gompas and prayers points on high ridges makes the Langtang mountain extend so alluring.

The Langtang valley, Gosaikunda, Helambu and Ganesh Himal that lies west of Langtang are the essential fascination of Langtang Region, the view here is marvelous, and the trek is significantly more courageous. The trekking length in Langtang area requires least of 7 days to most extreme 21 days. Langtang Region was designated with Nepal's first Himalayan National Park in 1971 called Langtang National Park. Langtang Region is generally possessed by Tamang and Sherpa whose culture and religious practices has its own uniqueness. The National Park is completely covered by woods with moderate temperature and sub-alpine vegetation which consists of varieties of natural wildlife like birds, deer, monkey, Tahr, Pika and many more.

The Langtang National Park is ensuring all legacies of Langtang Region and offers the wilderness of flora and fauna. Yala, Langtang Lirung, Dorje Lakpa, Jugal, Naya Kanga are a part of the main trekking peaks in Nepal. The Langtang Region can be accessed through Sundarjal, Budhanikantha, Kanaki and Melamchi pul at around four hours of drive. Climbing little peaks and glacier at an easier altitude which is a lot simpler to ascend than other trekking regions. Langtang Region includes of many trekking trails among which Langtang circuit trek going through Ganja La is the most troublesome one to trek. Other than this Langtang trek is additionally home to different high-altitude lakes which reflects the astounding snowy capped mountains in their clear water surface. A famous amongst the most popular lakes in this region will be Lake Gosaikunda, is highlights with its delightful turquoise coloured water.

### **Langtang Gosaikunda Trek (14 days).**

The course of Langtang Gosaikunda is intended for the heavenly trek. It is in Rasuwa district as the outside of Langtang district. The track framed by Langtang National Park is our principle strolling way. The wilderness territory makes trouble in strolling. This gives us a mystical and exciting background. We can see the differing scene. Our principle goal of the trek is Gosaikunda Lake (blessed Lake of Nepal). All water goes through dazzling common spring water. Washing in

Gosaikunda Lake, our hallowed places are diminished. Till now it is pursued said by our precursors. Leaving this our primary attractions are the most established religious communities, delightful scenes and nearby clans. Blends of every one of these things inspire us to such an extent. We get revived from our hang mind.

Langtang Gosakunda trek begins from Syaprubesi with a picturesque 7/8 hours drive from memorable city Kathmandu. It's a reasonable moderate trekking goal in Langtang Region without testing. Trail experiences the entrancing Tamang and Sherpa people group towns with stunning astonishing mountains views and verdure, passing numerous old religious communities, sanctuaries and normal towns en route than we have last climbing to Lauribinayak Pass (4,609 m/15,121 Ft), then we go continuously down and up and, passing couple of towns on the way in Helambu area than at long last we back to Kathmandu by transport from Chisopani.

Joining any of fabulous treks in Langtang region with Snowy Dream World, will doubtlessly a stunning and significant lifetime experience. We Snowy Dream World likewise tweaked excursion as indicated by your time and budget, it would be ideal if you don't hesitate to get in touch with us about your interests and wants.

#### **Trip Highlights of Langtang Gosaikunda Trek - 14 Days:**

- Trip Region: Langtang Region
- Trip Duration: 15 days
- Best season: March - June & Sept – December.
- Starting point:
- Ending point:
- Highest altitude:
- Accommodation: Best lodge/Tea house /Three star rated Hotel available.
- Meals: Breakfast, Lunch and Dinner during the trek
- Grade: Moderate to Adventurous
- size: 2 to 12
- **Cost: USD \$1090 per person.**
- Kathmandu valley sightseeing (UNESCO world heritage sites tour in Kathmandu)
- Visit Cheese factory
- Spectacular Himalayas view of Ganesh, Langtang and Annapurna massif
- Walking through the beautiful valley of Langtang national park and flora and fauna
- Exploring Sherpa and Tamang culture and lifestyle
- Visit Holly Gosaikunda Lake, Parbati lake and Sarowsoti Lake etc.

#### **Cost Info:**

##### **Cost Includes:**

- Airport pick up and drop off services - (Airport- Hotel- Airport)

- 2 nights' Accommodation service in Kathmandu.
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- Transfer both two ways flight Kathmandu to Lukla and Lukla to Kathmandu.
- An experienced and governmental licenced English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- Porter 1:2 ratio. 1 porter for 2 people weighing around 15-20 kg of weight.
- Sleeping bags and duffel bags, Walking Sticks in return basis, if necessary.
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.

#### **The Trip Cost Excludes:**

- Food in city like Kathmandu and Pokhara.
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- trekking equipment

#### **Detail Itineraries:**

##### **Day 01: Arrival at Kathmandu.**

Upon your landing in Tribhuvan International air terminal, you will be seeing our representatives and transfer to your lodging for your overnight stay at best possible available Hotel.

##### **Day 02: Trek to Lama Hotel 2400m/7870ft- 6hrs.**

Today is our first day walk, after crossing the bridge of Bhote Koshi river which follows all the way from Tibet, we walk along the right on Langtang Khola and gorge, the trails climb gradually up through the dense forest and passing the beautiful waterfall, hot spring and you probably see the wild beehive and Apes monkey. After Bamboo, the trail leads gradually steep up in the pine forest to Lama Hotel, overnight a lodge.

##### **Day 03: Trek to Langtang village 3450m/11315ft- 5hrs.**

Today we start our trek to beautiful and remarkable Tibetan settlement of village Langtang, we reach here after the trail passes through the dense pine forest along the Langtang Khola, and we enjoy to see the first glimpse of Langtang Lirung. Then we pass villages called Godatabel, prayer wheels, chortens –beautiful inscription carved, Overnight at lodge.

##### **Day 04: Trek to Kyangjin Gompa 3870m/12697ft- 4hrs.**

We are scenic trek walking through the beautiful Tibetan style village, yak pastures, then pass the second largest mani wall in Nepal made of stone. Gradual up on a paved walk through the yak pasture brings you to Kangjin Gompa. Now you are surrounded by Himalaya's, Overnight at lodge.

**Day 05: Rest or Side Trip to Kyanjing Ri 4950m/16236ft- 5hrs round trip.**

Today we do the side trip to either Kyanjing Ri or Tserko Ri, Both of them presents impressive views of white snow-capped mountains and massive deep valley, sparking and frozen lakes. Compare to both viewpoint Tserki Ri is tougher and better view than Kyanjing Ri. The trail starts passing villages and ascending up through yak pastures. As you climb higher the view seen bigger and closer. After spent while in summit retracing to Kyanjing Gompa, Overnight at lodge.

**Day 06: Trek to Lama Hotel- 5hrs.**

We trek back to Lama hotel, pass through the Langtang village and walk through the beautiful dense forest reaching to Lama Hotel, overnight at lodge.

Service Included: Breakfast, Lunch, Dinner, and Lodge (B+L+D)

**Day 07: Trek to Syabru Village 2250m/7380ft- 6hrs**

We retrace along the Langtang Khola to Pairo Thaplo then climb up through the jungle. After the crossing suspensions bridge the gradual up trail lead to typical Tamang village known as Shyabru village. The village offers amazing sunset view on the Ganesh Himal, overnight at guesthouse.

**Day 08: Syabru Village to Chandanbari 3330m/10922ft- 5hrs.**

After morning breakfast, the trail leading up through the villages and the jungle, the steep up trail makes you tired but as you climbed higher the view becoming amazing. You will visit Yak Cheese factory in the Chandanbari. Overnight at lodge.

**Day 09: Chandanbari to Lauribina 3920m/12857- 5hrs.** The gradual up trail start from Sing Gompa, it goes through dense pine forest with the magnificent view of Langtang Himalayas. After Cholang Paty, the trail climbs steep-up to Lauribina with the great view of a valley and Langtang Himalayan range. Lauribina offers a magnificent Himalayan range with a deep valley, overnight at lodge.

**Day10: Lauribina to Gosaikund 4320m/14169ft- 5hrs.**

You will have the amazing sunrise view on the Himalaya then the trail ascending to Nava Buddha, Nava Buddha is one of the best viewpoints along the Langtang Gosaikund Lake trek. You will see the panoramic Himalayan view from Annapurna range, Mt. Manaslu, Ganesh Himal, Langtang range etc. After that gradual up trail leading and passing the few lakes to Gosaikund Lake. Amazing sunset view is seen from Gosaikud lake and the lake declares as a holy lake by Hindu's. Hindu's believed, one upon in time Lord Shiva has drunk poison, and then he became so thirty, Lord Shiva use his weapon, a trident, then water came out from the rocks, After Lord Shiva, drunk water left water run down and became a lake. People believed Lord Shiva has taken bath in Gosaikund Lake that's why on occasion of a full moon on august people take bath from this holy water, overnight at lodge.

**Day 11: Gosaikund to Chandanbari 3330m/10922ft- 5hrs.**

The trail retraces from Gosaikund to Chandanbari with the magnificent view of a valley and Himalayan range, Overnight at lodge

**Day 12: Chandanbari to Dhunche- 4hrs.**

The trail descends through thick forest and often crossing to Dunche, overnight at lodge.

Service Included: Breakfast, Lunch, Dinner, and Lodge (B+L+D)

**Day 13: Dhunche to Kathmandu- 6hrs drive.**

A scenic drive from Dunche to Kathmandu will take between 4/5hrs to Kathmandu. At Kathmandu, you will have free time for shopping souvenirs for family and friends.

**Day14: Final Departure.**

Today is the final day of our trip. You will never forget the lifetime experience and those momentum. On that day, our agent will drop you to the Airport 3 hours before your planned flight. We wish for your safe and great flight. Hope See you next time.

**Notes:**

- **All above trekking hours and distances are approximate and it's absolutely for general ideas only**
- **Your safety is of paramount concern while traveling with Snowy Dream World. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, since this adventure entails travelling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, health condition of a group member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required.**