Gosaikunda Lake Trekking



Standing north of Kathmandu, the Gosaikunda loop is a quite remote and thinly populated area in Langtang region.

Situated at an altitude of 4380m, Gosaikunda a frozen lake, where thousands of pilgrims visit each August to take bathe in her cold and spiritually refreshing water has been defined as a religious site. Hindu mythology attributes Gosaikunda as the abode of Hindu deities Lord Shiva and Goddess Gauri. The Hindu scriptures Bhagavata Purana and Vishnu Purana, and the Hindu epics Ramayana and Mahabharata refer to Samudra Manthan, which is directly related to the origin of Gosaikunda. Its holy waters are considered of particular significance during Gangadashahara and the sacred thread festival Janai Purnima when thousands of pilgrims from Nepal and India visit the area. Gosaikunda is believed to have formed from the digging of the land by the Trishul (holy three-pointer sword) of Lord Shiva after he drank the poison from Samudra Manthan and urgently wanted cold water to reduce the overwhelming heat. Gosaikunda Trekking is one the most famous trekking and has been trekked by many trekking lovers. You can also do Langtang valley trek via Gosaikunda.

Fast Fact
Maximum Altitude 4,400 (Gosaikuinda)
Name Of the Trek Gosaikunda
Region Tea-house / Lodge Trek
Trekking Type Strenuous
Total Days in Nepal 10
Group Size 2-15+
Trekking Duration 5 Days
Grade Moderate
Attraction Villages, People, Culture, Lakes, Mountains
Best Time Feb-May and Sept-December
Walking Hours Approx 3-7 hours
Transportation By Jeep

Duration: 10 days

Price: $950

Rating: 4 Star

Group Size: 2-15+

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

Equiment Lists:

Footwear	Well broken-in walking shoes, thick socks, light socks, camp shoes.
Clothing	Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.
Other equipment	Sleeping bag (4 seasons), trekking holdall or stash sack with lock, daypack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve.
Other items	Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, tie cord, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit

Itinerary:

Day 1: Arrival in Kathmandu airport (1345meters)

Your arrival to Tribhuwan International Airport (TIA), you will be met by our Airport Representative, and transfer to hotel

Day 2: Sightseeing around Kathmandu valley.

Your sightseeing trip will start at 9 AM in the morning after breakfast. We provide a private vehicle and professional tour guide. Places we visit are Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square, and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek.

Day 3: Kathmandu to Dhunche by Bus (2,030m)

Drive to Dhunche via Trisuli Bazaar by private transport. Overnight in DHUNCHE (4WD is necessary because of the rocky un-asphalted road).this is about 5-6 hour drive.

Day 4: Dhunche to Shin gompa (3,250m, Trek 5 hrs)

Today we start our trek passing the gompa, school and army post and then switchback up the steep hill above the village to Dursagang (2660m). The trail continues less steeply from now, mostly in the forest of hemlock and oak to the top of the ridge at Foprang Danda, where we will have lunch. The trail to Sing Gompa cuts across the ridge top, staying fairly level as it crosses the head of the valley. After passing the final ridge at 3260 meters we will arrive at Sing Gompa

Day 5: Shin gompa to Gosaikunda Lake (4,380m, Trek 4-5 hrs)

The trail of today climbs steeply up the ridge, which creates a transition zone between rich, moist forests on the northern slopes and dry scrub vegetation on the slope facing south. The area on the northern slope is a sanctuary for the red panda, an endangered species that the Nepali calls cat bear. The trail crosses behind the ridge and stays in the deep forest for a while before emerging onto a saddle at Challenge Pati. From here we enter the Goisakund protected area where the killing of animals, lighting of wood fires and grazing of goats is prohibited. As the trail ascends there are outstanding views across Langtang valley to Langtang Lirung.

We start by climbing further along the ridge till we see the first lakes at around 4100 meter. The trail now leaves the ridge and heads high above the Trisuli Valley. After the trail crosses a spur, the second lake in the chain (Bhairav Kund) comes into view. The trail climbs gently but continuously to the third and largest lake, Goisakund. Goisakund lake has a black rock in the middle, said to be the head of Shiva. According to the legend, Shiva created the lake when he pierced a glacier with his trident to obtain water to quench his thirst after consuming poison. Hundreds of pilgrims come here to worship and bathe during the full-moon festival each August. It takes about 45 minutes to walk around the lake.

Day 6: Descend to Shin gompa (3,250m, Trek 3-4hrs)

Descend to Shin gompa (3,250m, Trek 3-4hrs)

Day 7: Shin gompa to Dhunche (2,030m, Trek 3-4hrs)

Shin gompa to Dhunche (2,030m, Trek 3-4hrs)

Day 8: Drive back to Kathmandu by bus

Drive back to Kathmandu by bus

Day 9: Sightseeing Bhaktapur City

Sightseeing Bhaktapur City.

Day 10: Transfer to Airport for further departure

Depart to the airport.