

Gosaikunda Lake Trek - 6 Days

URL: <https://nepalalternativetreks.com/trip/gosaikunda-lake-trek/>

Gosaikunda Lake Trek Quick Information

Weather

-10°C to 20°C

Duration

6 Days

Difficulty

Moderate

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhist, Hindu

Ethnic People

Tamang, Tibetan

Region of Nepal

Langtang Region, Rasuwa

Max Altitude

4460m./14718ft.

Per Person Cost

USD 380

Best Season

Sept, Oct, Nov, March, April,
May

Geographic Terrain

Mountain, Forest, Village, Lake

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$380.00
Group Of 5 - 8	USD \$360.00
Group Of 9 - 12	USD \$340.00
Group Of 13 - 18	USD \$320.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

What Makes Gosaikunda Lake The Most Popular Langtang Region Trek?

Our Gosaikunda Lake Trek takes you on a spiritual journey to the holy lake of Gosaikunda in the Langtang region of Nepal. With over 100 holy Kunda (lakes), it is a sacred Hindu and Buddhist pilgrimage site. It is a short venture, but the trek offers you views of Nepal's famous mountains, such as Ganesh Himal (7422m), Langtang Himal (7234m), Langtang Lirung (7234m), Langtang Ri (7205m), and Mt. Annapurna (8848m) along the trail. Once you set your eyes on this glorious lake, it will give you a new definition of blue.

The Gosainkunda Trek is an average moderate trek in terms of difficulty, but it also depends on your experience in trekking and physical fitness. Since this is a 6-day trek, you will cover long distances in a comparatively shorter amount of time, so you will have to prepare for the challenges you may face. The best season for this trek is spring (March-May), as the temperatures are mild and there are meager chances of rainfall. You can also opt for this trek during autumn (September-November). If you have any prevailing health conditions, please inform us beforehand so we can provide you with the best advice and support for the trek.

Gosaikunda Lake Trek Highlights

- Trek to the beautiful Gosainkunda Lake at an altitude of 4460 meters.
- Hike through dense woodlands, rivers, waterfalls, traditional villages, and terrace farms.
- Explore various flora and fauna in Langtang National Park.
- Traverse on the quieter and off-the-beaten trails of the Langtang region.
- Explore the sacred Gosaikunda lakes and its 108 kundas.
- Fantastic views of mountains like Ganesh Himal (7422m), Langtang Himal (7234m), Langtang Ri (7205m), and Annapurna (8848m).
- Experience the culture and tradition of the Tamang and Tibetan people living in these rural parts of the country.

Weather

Best Time for Gosaikunda Lake Trekking

Gosaikunda Lake Trekking is a beautiful experience where you can witness enchanting views of the landscapes and mountains. Visiting during the spring and autumn seasons will help you see the beauty of the place. Similarly, these seasons also provide clear visibility during the trek, and you will feel the true beauty of nature. Take a look at the different seasons for Gosaikunda Lake Trek:

Spring (March to May)

Spring is one of the best times for Gosaikunda Lake Trekking and the perfect time for nature lovers to undertake the trek. You can enjoy the fresh flowers and trek through the blooming rhododendron trails. The wildfires are also the most active during spring. Hence, there is a high chance for you to encounter

rare animals like red pandas, musk deer, and more. The weather is stable, with warm temperatures and clear views. The average temperature is around 6 to 18°C. It is a dry season, so there is minimal rainfall except for occasional rain showers.

Autumn (September to November)

Autumn is characterized by stable weather, crisp and clear skies, and mild temperatures. It is a peak and right trekking season in Nepal. The maximum temperature can reach 28°C, while the minimum is around 6°C. It offers one of the most comfortable climatic conditions. Similarly, you can enjoy the best views of the mountain panoramas without obstruction. The Gosaikunda Trek offers the best views of the Langtang ranges and surrounding mountains during autumn. The vegetation looks vibrant and fresh, while the colorful wildflowers color the landscape. Since autumn is peak trekking season, the trails can get busier.

Summer (June to August)

Summer coincides with the monsoon season and receives an average monthly rainfall of around 400 to 500mm. Thus, the lower region and forest trails get wet and muddy, with leeches infesting them. There are risks of landslides and floods due to heavy rainfall. However, the rain cleanses the surroundings and vegetation, making everything luscious green. The maximum temperature is around 22 to 30°C, while the minimum temperature is between 17 to 21°C. If you do not like the wet season, it is best to avoid summer when trekking in Nepal.

Winter (December to February)

The winter season covers the landscapes of higher altitude regions with thick snow, offering an incredible view of the winter wonderland and snow-capped mountains. Similarly, the temperature plunges and ranges between 2 to -6°C. The highest temperature ranges between 18 to 22°C. The snow can make the trails icy and slippery. There are only a few trekkers, so the trails are mostly empty. It is the best time to enjoy the tranquil atmosphere of the Gosaikunda Lake Trekking.

January

-5°C to 4°C

February

-5°C to 5°C

March

-3°C to 7°C

April

0°C to 10°C

May

5°C to 15°C

June

10°C to 18°C

July

12°C to 20°C

August

12°C to 20°C

September

8°C to 16°C

October

5°C to 12°C

November

0°C to 8°C

December

-3°C to 5°C

Difficulty

Difficulty of Gosaikunda Lake Trek

Gosaikunda Lake Trek is a short and moderate trek that anyone with reasonable fitness and health can undertake. It is suitable for beginners as well as seasoned trekkers. The trek duration is usually between 5 to 7 days. However, it would help if you did not underestimate the difficulties of the Gosaikunda Lake Trekking. It can be physically demanding, especially when you ascend to higher altitude regions.

During the six days of Gosaikunda Trek, you must hike off-beat and rough terrain while making steep ascends and descends. The average daily walking time is **5 to 6 hours**. En route, you will cross several suspension bridges and a high mountain pass to reach the sacred lake 4,460 meters above sea level. Although it is relatively at a lower elevation than other trekking destinations in the Himalayas, there is a risk of altitude sickness. Therefore, trekkers must rest well and keep themselves well-hydrated throughout the trek.

As you trek higher, the weather also presents challenges as it changes rapidly. Sudden changes in weather, such as wind speed, rain, fog, etc, can make it harder for trekkers to trek. It can stress trekkers and put mental strain. Therefore, Gosaikunda Lake Trekking requires proper physical and psychological preparation.

For a more adventurous trek experience, you can combine the Gosaikunda Trek itinerary with another trek. You can combine Langtang Valley Trek with it, also known as Langtang Gosaikunda Trek. It takes 13 to 15 days to complete the Langtang Gosaikunda trek, which begins with a drive to Syabrubesi. The number of days may be more, but it is more awe-inspiring and enriching.

6 Days Gosaikunda Lake Trek Itinerary

Day 1: Drive to Dhunche from Kathmandu

After breakfast, We embark on the bus to Dhunche. This is a roughly six-hour drive, where you can view the beautiful landscape, rough terrains, and the famous Trishuli River on the way. We will stop for lunch at one highway restaurant and then continue our journey. You reach Dhunche by late afternoon. Overnight in Dhunche.

Destination:	Accommodation	Altitude:
160km Drive to Dhunche (Av.06 hours)	Hotel Himalayan View or Similar category	(1966m./6487ft.)

Meals

Lunch, Dinner

Day 2: Trek to Sing Gompa/Chandanbari

After breakfast, we begin our trek to Chandanbari, also known as Sing Gompa, because of its famous monastery. After walking past forests of rhododendrons, pines, and oaks, you will make your way to a relatively steep staircase before you reach the beautiful village of Deurali. We will stop here for lunch and rest. Catch a fascinating glimpse of Ganesh Himal (7422m) from here. After walking for a few hours, we

reach Chandanbari, where you can explore the famous Sing Gompa. Overnight in Chandanbari.

Destination:	Accommodation	Altitude:
10km Hill hike (Av.04 hours)	Hotel Yak & Nak or Similar category	(3330m./10989ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Lauribinayak

Today, we begin our trek to Lauribinayak. This is a short trek and relatively more natural as you go uphill through the alpine grasslands, where you can see yaks grazing. You can also see small village settlements of the Tamang people along the way. After having lunch and resting for a while, we continue the trek. After trekking for about 4 hours, we reach Lauribinayak in the afternoon. You can spend the rest of the day resting and acclimatizing to the environment. Overnight in Lauribinayak.

Destination:	Accommodation	Altitude:
10 km Uphill hike (Av.05 hours)	Maya Hotel & Lodge or Similar category	(3850m./12705ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Gosainkunda

After breakfast, we finally made our way to the famous lake of Gosainkunda. Again, we go uphill through the rocky terrains and alpine grasslands. When we finally reach the Gosainkunda Lake, we can see 108 small lakes surrounding the main Gosainkunda Lake. Some famous lakes here include Naagkunda, Bhairab Kunda, and Suryakunda. You also get an excellent view of the mountains from Gosainkunda, such as Ganesh Himal (7422m), Langtang Himal (7234m), Langtang Ri (7205m), and Annapurna (8848m). Overnight in Gosainkunda.

Destination:	Accommodation	Altitude:
6 km Uphill hike (Av.03 hours)	Hotel Tibet or Similar category	(4460m./14718ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Dhunche

After breakfast, we descend back to Dhunche and retrace our steps. You will be trekking for about 8 hours, which makes today the longest trek day. Since we are going downhill the same way we came up, you can walk at your own pace, enjoying the sights and scenery along the way. We pass Lauribinayak and stop at Chandanbari for some rest and lunch. We will then continue towards Dhunche, walking past forests and grasslands. Overnight in Dhunche.

Destination:

20 km Hill hike
(Av.08 hours)

Accommodation

Hotel Himalayan View or
Similar category

Altitude:

(1966m./6487ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Drive to Kathmandu

After breakfast, we make our way back to Kathmandu by bus. You can finally glimpse the landscapes, mountains, streams, and terrains along the way. We will reach Kathmandu by late afternoon.

Destination:

160km Drive to Kathmandu
(Av.06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

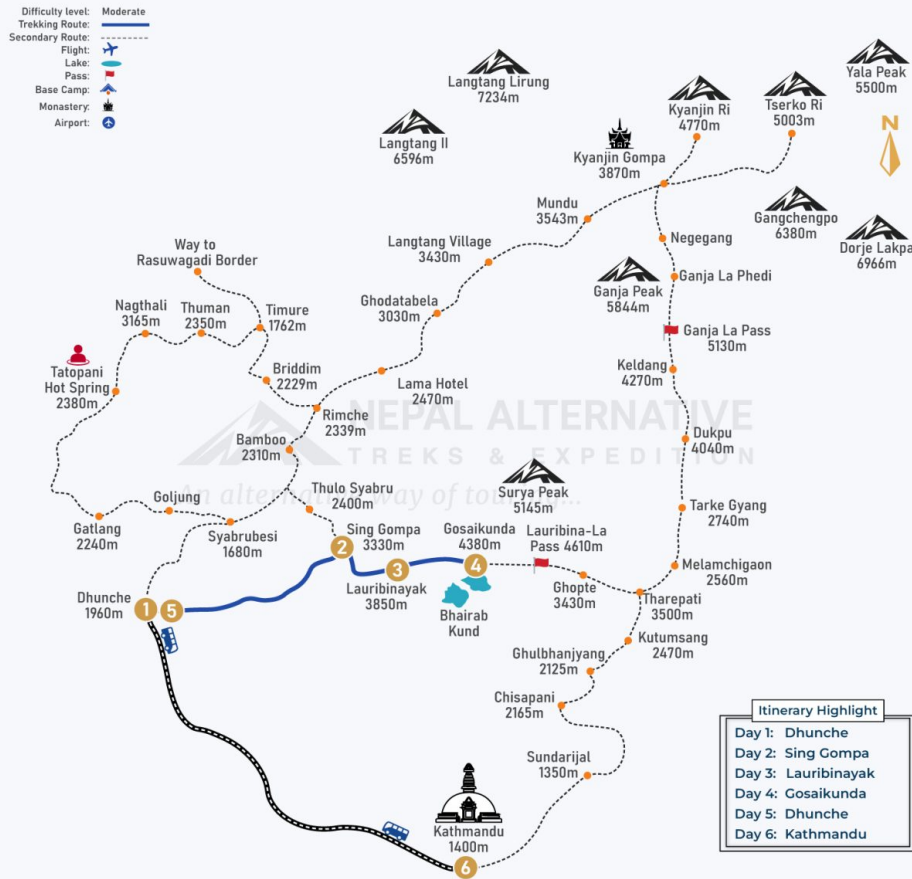
- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trekking.
- Langtang National Park fee and necessary documents .
- One experienced, well trained, fluent English speaking, friendly, specialized in Langtang region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in itinerary.
- A trekking map, duffle bag, first aid medical kit box, water purification, Oxygen saturation check up everyday, company t-shirt and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge etc.
- Public Liability Insurance.

What's Not Included

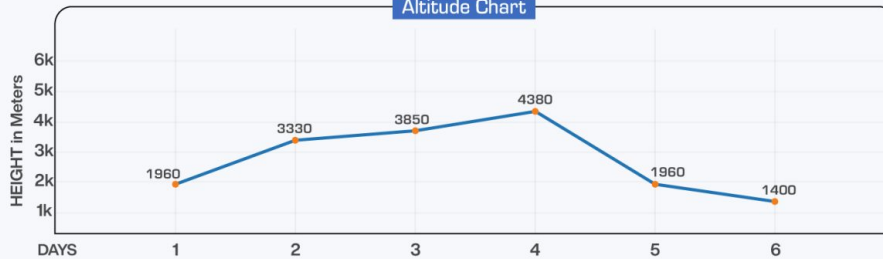
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, alcoholic drinks, hot water, hot shower, mineral water, desert, bar bill, laundry and phone bill etc during trekking.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters.(Highly suggested)

Gosaikunda Lake Trek Route Map

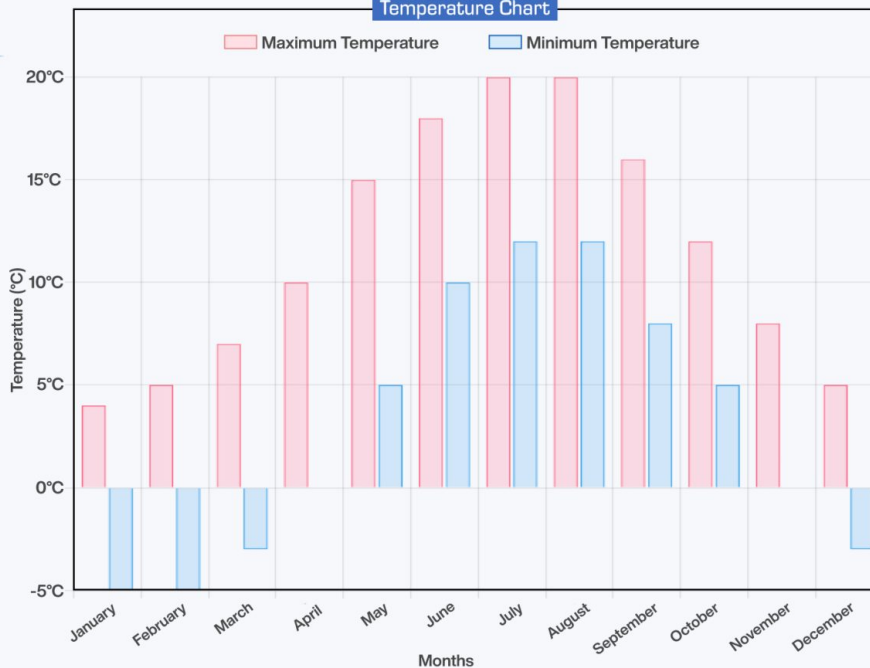
GOSAIKUNDA LAKE TREK 6 DAYS



Altitude Chart



Temperature Chart



Traveler Reviews

Gosaikunda Trek becomes manageable and worth it if you pace yourself

Apr 2023

This is an unforgettable hiking trip. Gosaikunda is a sacred and tranquil lake that makes people want to stay there. Tej, the manager, and Bijan, the guide, are enthusiastic and friendly. I highly recommend it.

Rating: 5/5

Cynthia Ku

Taiwan

Gosaikunda Lake trek felt spiritual, quiet and beautiful

Apr 2023 • Couples

This is my second time participating in Nepal Alternative Treks & Expedition! Tej is still as passionate as ever, and he helped me resolve non-trekking related issues. The whole team is fantastic, and I would choose this team again. Highly recommended.

Rating: 5/5

Zidane

Taiwan

Additional Trip Information

Why is Gosaikunda Lake considered sacred?

During Janai Purnima, which falls in August, many Hindu devotees visit the pilgrimage site of Gosaikunda. If you visit Gosaikunda this month, you will notice a flock of devotees visiting this historical place. People believe that Lord Shiva conjured this lake using his Trishul to quench his thirst.

Travel insurance For Gosaikunda Lake Trek

Gosaikunda Lake Trekking is a high-altitude trek, and travel insurance is mandatory. Since you will be trekking to remote areas with a lack of infrastructure, insurance offers security. The insurance policy must cover high altitudes up to 5,000 meters above sea level.

Similarly, it should cover medical expenses, including altitude-related sickness, emergency expenses like helicopter rescues, trip postponement/ cancellation, and baggage loss/ damage. You must provide the insurance certificate to the trekking agency before the trek. The agency will use your travel insurance to provide immediate rescue and medical assistance in emergencies, sickness, or injuries.

Meals and Accommodation You Get In Trek To Gosaikunda

We provide you with the facility of breakfast, lunch, and dinner during the Gosaikunda Lake Trek. Similarly, we will provide lodge accommodation for you during the trek. The accommodation usually consists of tea houses, lodges, and guest houses. So, feel free to travel with us. These facilities we provide are top class. Similarly, we provide Western and Nepali food.

Permits for Gosaikunda Lake Trekking

Trekkers must obtain two permits to take the Gosaikunda Lake Trekking. These permits are:

TIMS Card

The TIMS (Trekkers Information Management System) card is mandatory for all trekking in all regions of Nepal, except for the Everest region. The card contains all your information, including personal details, emergency contacts, trek destinations, etc. Thus, it is a vital card that helps to ensure your safety during the trek. Similarly, it helps rescue teams track your whereabouts during natural disasters and emergencies.

The costs of the TIMS cards are as follows:

- **Solo SAARC nationals:** NPR 600
- **Group SAARC nationals:** NPR 300
- **Solo non-SAARC nationals:** NPR 1000
- **Group non-SAARC nationals:** NPR 2000

Langtang National Park Entry Permit

The Gosaikunda Lake lies within Langtang National Park, which requires an entry permit to access. The national park protects numerous Himalayan flora and fauna and a diverse ecosystem. To enter the park, Trekkers must show the permit at the Dhunche army checkpoint.

The Langtang National Park entry fee is **NPR 1500** per person for SAARC nationals and **NPR 3000** per person for non-SAARC nationals.

Note: Children below 10 years are free

Fitness and experience requirements For Gosaikunda Trek

The Gosaikunda Lake Trek is moderately complex. Almost anyone can do this trek, but make sure you are physically fit and don't have any health issues. Likewise, you don't have to have that experience as well. With proper preparation, anyone can join the trek.

Gosaikunda Lake Trekking requires reasonable fitness, strength, and stamina. To overcome the difficulties of the trek, trekkers can undertake exercises and training like running, jogging, cycling, swimming, etc. Proper physical and mental preparation is the key to a safe and more enjoyable trekking experience.

Climate and weather During Trek To Gosaikunda

The climate and weather while trekking to Gosaikunda Lake are moderate. It is suitable to take this trek throughout the year, but spring and autumn are the best times to visit this place. The climate and weather are ideal at this time of the year. However, as you ascend to higher elevations, the weather becomes unpredictable. Despite the season, the weather conditions can change within a few hours. Hence, trekkers must prepare to face all kinds of climate and weather during the Gosaikunda Trek in Nepal.

Frequently Asked Questions

Is Gosaikunda Lake trekking route safe for trekkers ?

Yes, the trekking route is safe for tourists. The area has already recovered from the earthquake in 2015. Also, there is no burst of epidemics or viral diseases, or covid -19 in this region. The government and other respective bodies are continuously trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of accommodation for tourists.

How challenging is the Gosaikunda Lake Trek?

Gosaikunda Lake Trek is a short and moderate trek suitable for beginners. It takes less than a week to complete, and the average daily walking time is 5 to 6 hours on varied terrains. The trekking trail has steep, narrow ascending and descending sections. Likewise, the highest altitude of the trek is 4,460 meters.

Should I hire a guide for the Gosaikunda Lake Trek?

Yes, you should hire a guide for the Gosaikunda Lake Trek. As of April 2023, the government of Nepal has made it mandatory to hire a licensed guide for trekking in Nepal. Always hire a licensed and experienced guide as they help to enhance your safety and experience.

How much does the Gosaikunda Trek cost?

The Gosaikunda Lake Trek cost is usually between USD 350 and USD 800. The cost can vary depending on the services, trek duration, extra days, season, and group number. The extra services, such as hot water/ services, bottled water, internet, charging devices, etc, will be an additional cost.

What makes the Gosaikunda Trek special?

The Gosaikunda Trek takes you on a mesmerizing journey to the sacred and holy lake of Gosaikunda. The lake holds religious and cultural significance for Hindus and Buddhists. The scenic trail of Gosaikunda Trek passes through the Langtang National Park and offers gorgeous mountain views.

How long will we have to hike each day during the trek?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed.

The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the

authority to make any amendments.

Address

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