



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Gosainkunda Trek

Duration: 12 days

Difficulty: Medium

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 4610m

Season: Spring/Fall/Winter

Accommodation: Teahouse

Overview

The Gosainkunda Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

This trek takes you on a mystical journey to places of enormous cultural importance.

In the Hindu mythology, when the Primordial Ocean was churned to produce the elixir of eternal life, a powerful poison came into existence as well. Lord Shiva drank the poison to save the universe from it. To obtain water to cool his throat burning from the poison, Lord Shiva struck his trident into the rock and thus forming beautiful lakes. The very lakes you will encounter on the trail.

This cultural importance is reflected in the local festivals: A big fair takes place during Janai Purnima with thousands of Nepali and Hindu participants. On this occasions, many shaman dances from different regions of Nepal are displayed - an unforgettable experience.

This area is situated north of Kathmandu. Beyond the cultural aspects, the Helambu-Gosainkunda trek is famous for the biological diversity enabled through the lakes. This trip is an excellent way to experience the rich cultural traditions of Nepal as well as the stunning Himalayan landscape.

Escape your daily routine and join Incredible Himalayan Adventure on this journey to the heart of the Himalayas.

Highlights:

- + Visit the holy Shiva lake Gosainkunda
- + Spectacular sunrises, sunsets & high mountain views from the Lauribinayak La & Tharepati La
- + Experience the unique Tamang culture

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Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Thulo Barkhu & trek to Thu Syabrubensi, 5hr drive+3hr walk

Initial journey commences with drive to Thulo Syabru (2260m) following the highway towards the Northwest to Pokhara which will be tiring but we will enjoy the scenery and the typical Nepali house on the way. After driving all the way through the Trishuli valley the road gradually leads to uphill and reach Thulo Barkhu (1860m). We continue walk and 3hr of walk bring us to Thulo Syabru (2210m).

[Included meals Bed and Breakfast]

Overnight stay at teahouse.

Day 04; Climb to Sing Gomba via Dursagang, Phoprang Danda, 3-4hr walk

From the village we start our trek close to the trailhead of Thulo Barkhu, which lead the easiest route to the village of Dursangang (2735m). Then we have to climb up the steep uphill through the hemlock and rhododendron forest to the top of the ridge at Phoprang Danda (3190m). We cross the ridge and climb up to the cluster of village called Chandan Bari, also known as Sing Gomba (3330m). We will find some yaks around the Chandan Bari grazing aside the route to the village.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 05; Tranquil forest way from Sing Gomba to airy ridge views of Laurebina Yak, 2-3hr walk

We follow the up root to the forest which enter the Gosainkunda protected area. Around two hours of trekking up through forest lead to Chalang Pati (3550m). As we pass the forest it will get thinner to the height and the view of the Himalayas become clearer. The reward is a vista spanning the Annapurnas, Manaslu (8156m), the four peaks of the Ganesh Himal (with Paldor Peak), some enticing unnamed peaks in Tibet and finally Langtang

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Lirung. After climb up around 370m reach to the Laurebina Yak (3920m) which is our today's destination.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse

Day 06; Superb ridge walk continuous & narrow way to reach Gosainkunda,4-5hr walk

Initial trek begins with gentle ascend to the uphill which lead to the alpine country above the tree line. After an hour we pass the white Chorten with stone wall & follow the narrow & often exposed trail aside the rocky mountain. We have a wonderful view of Saraswati Kunda descending down & then arrive Bhirab Kunda which is right below the Gosainkunda Lake (4380m), is said to be created by the Lord Shiva piercing a glacier with his trident (trishul) to obtain water to quench his thirst after consuming poison gathered from the churning of the ocean. From India & Nepal around 8000 peoples climb up this lake for the sacred occasion of Janai Purnima (Full moon day) each august. We have half day exploration around the Gosainkunda peripheral lead by the often exposed trail through the hundreds of cairn and prayer flags to the north. Following the fainted trail to southeast from main trail, we have a wonderful view of lakes lined up which are Dudh Kunda (Milk lake), Chandra Kunda (Moon lake), Ragat Kunda (Blood lake) & finally Ama Kunda (Mother lake 4540m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse

Day 07; Following the dramatic sightseeing route of Laurebina La to reach Gopte, 7-8hr walk

We start walk edge of the lakes which leads aside the holy lake of Gosainkunda & ascend to the Laurebina La (4610m) which possess a dramatic view of the Lakeland & it is the highest point of our trek. From here we descend down beyond the pass to the high camp of Bera Goth. Following the route, we encounter a junction & follow the gentle one which is the lower trail that lead to Phedi. Descending the trail through forbidden cliff and the stunted rhododendron flower by passing sparkling clear stream, we gradually reach at Gopte (3640m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 08; Ups and downs through ravines and final pass reach to Tharepati, 5-6hr walk

Today's our trek is mostly through the ravine which lead ups and down on the narrow trail. Then walking through the forest will lead to the base of the Tharepati (3640m) & finally ascend the pass to reach the Tharepati

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which lies on the exposed windy ridge mark as the highest point of Helambu Circuit trek. Alternatively, you can extend the trip & continue to the Helambu from Tharepati.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse

Day 09; Climbing down the ridges all the way to Kutumsang, 5-6hr walk

After breakfast we start our trek all the way down from the ridges with the sight of beautiful mountain range and the valley on both side. We will find the scattered human settlement on the way and among them Magin Goth is the biggest one. The trail then lead through the lush green forest to reach the today's destination at Kutumsang (2450m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 10; Descending down through the lush green forest & passing by several settlement to reach Chisapani, 5-6hr walk

We take our breakfast and start our trek down from kutumsang. The trail leads all the way through the forest & before descending down to Golphu Bhanyang we have one more pass to cross. After passing through lush green forest, we trek down through the village of Thotong, Lapchu Danda and Chipling (2170m). Continuing our trek towards the south, the trail involves steep climbing just before arriving Chisapani (2251m) the place where spectacular sunrise view and fresh environment for the inhabitant. This is the place where we have our final night at the Himalayas.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at teahouse.

Day 11; Descend to Sundarijal and drive to Kathmandu, 5-6hr walk+45hr drive

Today is our last day of the Gosainkunda Lake Trek which is of few hour and mostly downhill. On the initial trek we need to take gentle uphill till Borlang Bhanjang (2438m) and descent down to Sundarijal (1350m). We will find Mul Khara along the way and there we can have our lunch. After an hour of descent down to Sundarijal which is the part of Kathmandu valley. From here we don't need to walk as our company vehicle will be waiting for us and we drive to hotel and conclude our trek.

[Included meals: Breakfast+Lunch+Dinner]

Overnight stay at hotel.

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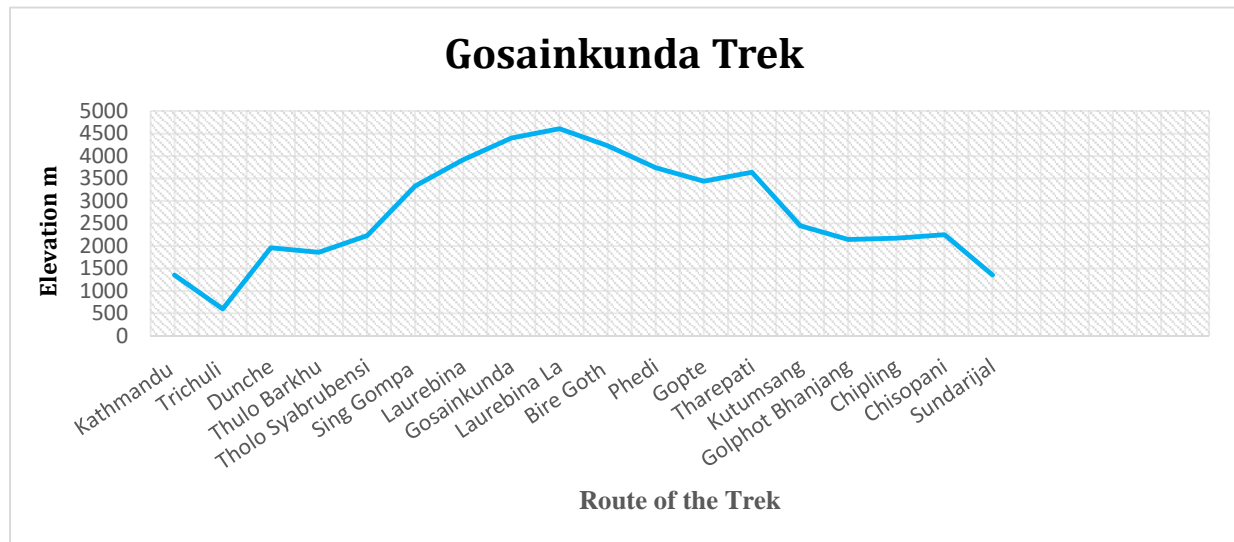
Difficulty: Medium

Day 12; Final departure

A representative of IHSA will drop off you at the airport by private vehicle

[Included: Breakfast]

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 12 days Langtang Valley Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD 690 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 790 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

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Trek Duration:

Standard itinerary – 12 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We will pick you up personally
- + 3N accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + KTM sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + KTM to Thulo Barkhu by sharing bus & Sundarijal to KTM by private vehicle
- + English Speaking Trek Guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; I.e. 10kg pP)
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card PLUS entrance fees during tour in KTM
- + First Aid kit
- + Guides' and porters' medical & accidental insurance

Excludes:

- International Airfare to and from your Country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Additional Options:

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+ Additional porter: 117 USD [13 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to Ganja La or Gosainkunda Helambu]

If you prefer to extend the trip and continue to **Helambu** rather than to Chisopani, this can also be arranged.

+ Private Jeep (140 USD for Syabrubensi to Kathmandu]

For a more comfortable ride from Kathmandu to Thulo Barkhu

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the

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lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude and affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of

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how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

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