Gosainkunda Circuit Trek

DURATION: 8 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel / Guest House

Max Height 4380 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Car / Jeep

Duration 8 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Gosainkunda Circuit Trek is a popular and spiritually significant trekking route in Nepal's Langtang region, focusing on the sacred Gosainkunda Lake and other high-altitude lakes. The trek starts from Dhunche, or Sundarijal, and includes other sacred lakes like Saraswati Kunda and Bhairav Kunda. The trek also crosses Lauribina Pass, offering stunning views of the Langtang and Ganesh Himal ranges. The trek also explores the Tamang and Sherpa cultures, offering panoramic mountain views of several Himalayan peaks. The trek typically takes 7 to 10 days, depending on the itinerary and acclimatization days. **The best seasons for the trek are spring (March to May)** and autumn (September to November) when the weather is pleasant and clear for better mountain views. Trekkers should travel with a licensed agency and an experienced guide for safety and support. Proper gear, permits, and acclimatization are essential for a successful and enjoyable trek in the Gosainkunda region.

The Gosainkunda Circuit Trek is a beautiful alpine freshwater oligotrophic lake in Nepal's Rasuwa District, known for its cultural and traditional significance in the Hindu religion. The trek offers panoramic views of Himalayan ranges, green forests, and diverse ethnic groups. The main attraction is the sparkling Gosainkunda Lake, surrounded by **holy lakes Surya Kunda, Naag Kunda**, and Bhairav Kunda. The trek includes uphill climbs and narrow trails within a green forest, providing a serene atmosphere for spiritual reflection and a glimpse into the region's rich cultural heritage.

Trip Itinerary

Day 1 Drive to Dhunche (1960 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Bus | 1960 m

Early morning breakfast in the hotel is followed by drive to Dhunche. The journey forwards through the hilly winding road along the Trishuli River. On the way, we get to experience fun mixing adventure as well as the great view of rivers, forest and terraced fields. Dhunche is the district headquarters of Rasuwa district and has headquarter of “Langtang national park” as well. Overnight at Dhunche.

Day 2 Trek to Sing Gompa (3335 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3335 m

After the breakfast our trek start.we follow gradual uphill trail along the bamboo & Oak forest, pass the village of Deurali and Dimsa and reach to Sing Gompa for overnight stop today. Sing Gompa has a very famous monastery, so the place has great religious fame in the whole region. The place also offers the gigantic view of Langtang Himalayan ranges.

Day 3 Trek to Gosainkunda (4380 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4380 m

Today on passing the village of Chandanbari (3,330m) and Cholangpati (3,654m) along the gradual up trail, we trek to Laurebina (3,910m). Chandanbari has a cheese factory. From the Laurebina, our trail leads us steep up for about 2 hours to reach to Gosainkunda (4,380m). Gosainkunda houses many sacred holy lakes. It is perhaps the best place to admire the charming view of Langtang and Ganesh Himalayan ranges. Overnight at Gosainkunda.

Day 4 Trek to Ghopte (3530 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3530 m

Today in the morning, we hike to Lauribina pass (4,610m). It is the highest point of our entire trek and is full of panoramic Mountain View. Further our trail descends gradual down towards the village of Ghopte on passing a small human settlement Phedi. Overnight at Ghopte.

Day 5 Trek to Melamchi Gaon (2530 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2530 m

We will trek to Melamchi Gaon (village) today. Melamchi (2,530 m) is a beautiful village settled by the Hyolmo, Sherpa and Tamang people. It lies at the heart of Helambu Valley and is one of the largest settlements in the region. We first reach Thadepati (3,490 m) during our Trek Thadepati is a mountain watcher's paradise. We then descend gradually from Thadepati. We will enjoy a beautiful night at Melamchi.

Day 6 Trek to Sermanthang (2590 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2590 m

We will trek to Sermanthang today. Sermanthang is inhabited by the Sherpa and Hyolmo people. The village (2,590 m) has many monasteries, shrines and stupas. It is one of the centers of Tibetan culture and Buddhism in the region. We will have an easy walk today compared to previous days because

we will not be gaining substantial altitude. The path will go somewhat up and down but will generally be flatter. We will experience the unique culture and the lifestyle of the local people tonight.

Day 7 Trek to Melamchi Pul (870 m) and drive to Kathmandu (1400 m)

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1400 m

We will slowly trek down towards Melamchi Pul (870 m), walking through terraced fields, small villages and stoned steps. The trek to Melamchi Pul takes about 5-6 hours and we will board on a vehicle waiting for us and head to Kathmandu. The drive to Kathmandu takes about two hours. You can enjoy music and dance in the evening before resting in your hotel room.

Day 8 Departure

Breakfast

You will depart today. We will drop you at the Tribhuvan International Airport, from where you will fly to your destination. You also have the option of extending your trip and taking part in other treks.

Cost Includes

- Airport/hotel pick up and drop off by private car
- Langtang National Park permits and TIMS

- Food, accommodation, salary, insurance, equipment, and medicine for all staff
- Government licensed, experienced English speaking guide
- Transportation Kathmandu-Swyabrubesi and Swyabrubesi-Kathmandu
- All government taxes.
- Sleeping bags and down jackets for the trek (should be refunded after the trek
- One trekking map per person
- First aid kit

Cost Excludes

- Bar bills and other personal expenses
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Travel and rescue insurance
- Tips for guide, porter, and driver.
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Optional trips and sightseeing if extended

Trip Map