Trek Curator
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Gosaikunda Trek - 7 Days

At 4,380 meters above sea level, a deep-blue glacial lake sits enveloped by jagged, snow-dusted Himalayan walls. The Gosaikunda Lake Trek is one of Nepal's finest short alpine adventures, holding deep spiritual significance for both Hindu and Buddhist traditions. According to ancient mythology, Lord Shiva struck his trident into the mountainside here to release these crystal-clear waters.

Whether you seek spiritual stillness, raw high-altitude adventure, or panoramic views of Langtang Lirung and Ganesh Himal, this week-long escape delivers an intense Himalayan experience without requiring weeks of alpine isolation.

Gosaikunda Trek Route Overview

Your journey launches directly from Kathmandu with a scenic drive through the Trishuli Valley to the mountain town of Dhunche. From here, the journey continues entirely on foot. The trail climbs steadily through dense, vibrant forests up to Chandanbari (Sing Gompa), breaks past the tree line to the panoramic high ridge of Lauribina, and crests into the sacred alpine basin of Gosaikunda. After absorbing the spiritual energy of the holy lakes, you will retrace your steps back down through the pine forests to Dhunche before catching your return ride to the capital.

Gosaikunda Trek Highlights

- **The Sacred Lakes**: Stand before Gosaikunda, Saraswati Kunda, and Bhairab Kunda, breathtaking high-altitude glacial lakes.

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- **Chandanbari (Sing Gompa)**: Visit a serene, historical Buddhist monastery and sample fresh yak cheese made right in the village factory.
- **Lauribina Ridge Stay**: Spend a night high above the clouds at 3,910 m, catching a legendary sunset over the Ganesh Himal range.
- **Langtang National Park Wilderness**: Walk through protected pine, oak, and rhododendron forests that shelter rare red pandas and exotic bird species.
- **Expertly Paced Safety**: Experience authentic high-altitude Himalayan trekking within a concise 7-day frame designed with built-in acclimatization.

Why Choose Trek Curator

We do not believe in cookie-cutter mountain tours. At Trek Curator, we pair you with elite, government-licensed local guides who treat the trail like their own backyard. We cap our group sizes to keep your experience safe and intensely personal, while ensuring our operations directly fund and empower the specific mountain communities you sleep in.

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PRICE INCLUDES

- Airport Transfers (Pick-up & Drop-off)
- Kathmandu to Syabrubesi Transport (Bus)
- Accommodation (Teahouses/Lodges during the trek)
- Meals (Breakfast, Lunch & Dinner during the trek)
- Trekking Permits (Langtang National Park Entry Permit & TIMS)
- Professional Guide & Porter (Guide with First Aid Kit)
- Necessary Trekking Equipment (Sleeping Bag & Down Jacket on rent)
- Emergency Support (Basic First Aid & Oxygen Cylinder)

PRICE EXCLUDES

- International Flights (To/From Nepal)
- Nepal Visa Fees
- Travel Insurance (Mandatory for high-altitude trekking)
- Personal Expenses (Snacks, drinks, hot showers, WiFi, battery charging)
- Meals in Kathmandu & Pokhara (Except breakfast at hotels)
- Trekking Gear (Personal clothing, boots, trekking poles, etc.)
- Tips for Guide & Porter (Customary but not mandatory)
- Emergency Evacuation & Helicopter Rescue (If required)
- Extra Accommodation Costs (Due to delays, weather, or personal reasons)

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1,400 m / 4,593 ft)

As soon as you land at Tribhuvan International Airport, our representative will be there to pick you up and assist you with your transfer to the hotel. You will receive a briefing about the trek and buy or rent any essential equipment. In the evening, feel free to explore Thamel or the nearby areas, or attend a cultural program.

Day 2: Drive from Kathmandu to Dhunche (1,460 m / 4,790 ft, 6–7 hours)

Early in the morning, you will pack your belongings in preparation for the beginning of the trek. You will drive to Syabru Beshi along a scenic route via the Trishuli River, enjoying views of rural villages, terraced hills, and lush landscapes. After a long 6 to 7-hour drive, you will arrive in Syabru Beshi.

Day 3: Trek from Dhunche to Chandanbari (2,470 m / 8,103 ft, 6 hours)

Day 4: Trek from Chandanbari to Gosaikunda (4,380 m / 14,370 ft, 5–6 hours)

From Chandanbari, a 5 to 6-hour trek will take you to the sacred Gosaikunda Lake, a significant Hindu pilgrimage site. It is believed to have been created by Lord Shiva. The trails traverse forests, breathtaking ridges, and traditional villages. You will observe

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incredible views of Langtang Himal, Manaslu, and Annapurna. Be prepared for cold and windy conditions; wearing layers is essential.

Day 5: Trek from Gosaikunda to Dhunche (3,330 m / 10,925 ft, 5 hours)

After visiting Gosaikunda, you will trek down to Dhunche, which takes about 7 to 8 hours. This trek features prayer flags, chortens, and traditionally stone-built houses, alongside alpine landscapes. You will pass through forest trails, rocky sections, streams, and villages, with beautiful viewpoints along the way. In Dhunche, you will find better accommodations and shops.

Day 6: Drive From Dhunche to Kathmandu (1,400 m / 4,593 ft, 6–7 hours)

From Dhunche, you will enjoy a comfortable drive back to Kathmandu. On the way, you'll have final views of the Himalayan foothills, forests, traditional villages, and terraced lands. In the evening, we will have a farewell dinner along with a cultural program.

Day 7: Departure

As per your schedule, our representative will transfer you to the airport. Your journey will come to an end where it began. You will leave Nepal with wonderful and unforgettable memories of the hilly and Himalayan areas

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