

Gosaikunda Trek - 7 Days

GOSAIKUNDA LAKE TREK: BEST SHORT TREK IN NEPAL

The **Gosaikunda Lake trek** is one of the finest short treks, situated in **Langtang National Park**, which is the closest trekking destination to Kathmandu, the capital city of Nepal. Gosaikunda Lake is a sacred alpine lake located at an altitude of 4,380 meters above sea level, nestled beneath the breathtaking Gosakunda Ridge and Surya Peak. The name Gosaikunda translates to **Lake of Deity**, where Lord Shiva is believed to have created this lake during the churning of the ocean. This lake holds holy significance for both Buddhists and Hindus alike. The journey to Gosaikunda Lake begins in Dhunche, the headquarters of Rasuwa District. It follows stunning Himalayan terrain and trails, allowing trekkers to experience local villages, farmland, alpine vegetation, and sweeping views of Langtang Lirung, Ganesh Himal, and Manaslu from magnificent vantage points. If you are seeking a short, easy trek close to Kathmandu, the Gosaikunda Lake trek is an excellent choice for both novice and experienced trekkers. Book your Gosaikunda Lake trek with **Sherpa Nomad Trek Pvt. Ltd.** for a luxurious package that offers flexibility, safety, and security, along with expert guidance and porter support to enhance your journey. We ensure the best logistical arrangements, impeccable hospitality, and authenticity. Place your trust in us, and we will lead you on your dream trip to the Himalayas at any time.

GOSAIKUNDA TREK COST

The cost of the Gosaikunda Trek can vary based on factors such as group size, season, service level, package type, duration, and available facilities. There are hundreds of packages available for the Gosaikunda Lake trek, ranging from USD 300 to USD 1500 per person, depending on the specific package chosen. You can take advantage of the opportunity to book according to your desired package. If you are looking for a luxury package at a lower price, do not overlook the offerings from Sherpa Nomad Trek Pvt Ltd. We offer packages that include top-notch services, featuring 4-star

accommodations in Kathmandu, excellent lodging in the mountains, mountain meals, local guides, porters, permits, private transportation, and other amenities, as detailed in the inclusions and exclusions section. Please note that customer safety and security are our top priorities, and our company is recognized for its authenticity, impeccable hospitality, friendliness, and expert team. The cost of the Gosaikunda trek varies according to group size as follows:

- For solo travelers, the cost is USD 900 per person
- For groups of 2 to 6 people, the cost is USD 750 per person;
- For groups of 7 to 10 people, the cost is USD 700 per person.

GOSAIKUNDA TREK HIGHLIGHTS

- The Gosaikunda Lake Trek is regarded as the premier short trek in Nepal.
- Explore the Gosaikunda, Bhairab, and Saraswati Lakes
- Experience the rich cultural and natural diversity of the region.
- Marvel at the breathtaking Alpine lake, Gosaikunda.
- Enjoy impressive views of majestic mountains, including Manaslu, Langtang, and Ganesh Himal.
- Discover the unique alpine vegetation, along with diverse flora and fauna.
- Stay in local villages to fully immerse yourself in the local culture.
- Observe the red panda, an indigenous creature of the region.
- Explore the fascinating aspects of shamanism and Tibetan culture.
- This picturesque trek offers stunning landscapes at every turn.
- Traverse the Himalayan terrain, characterized by rugged mountain vistas.

ITINERARY OVERVIEW

The 7-day Gosaikunda trek itinerary is the most enjoyable and significant trekking package for Gosaikunda Lake. This day-by-day plan provides insights into the distance, walking duration, difficulty level, and specific details about each location. If this package and itinerary do not meet your needs, please refrain from contacting us. Our team is always available to assist with your requirements.

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

Welcome to Nepal, a nation renowned for its warm hospitality, rich culture, humanity, kindness, and remarkable natural diversity. It is home to peace, the highest mountain in the world, and boasts a wealth of art and architecture. The cultural richness and natural diversity found here are unparalleled and cannot be experienced anywhere else. Upon your arrival in Kathmandu, our team will be waiting for you with a name card or company pamphlet to assist you. You will meet our team, who will greet you warmly and present you with a traditional flower garland, in accordance with Nepali customs, before you board the vehicle to travel to your hotel in Thamel. According to the package, you will be staying at either the Hotel Ramada Encore or the Arya Hotel and Spa in Thamel. After a brief rest, you are welcome to visit our office to finalize your trek to Gosakunda Lake. If time permits, feel free to explore Thamel, the vibrant tourist hub of the country, where you can enjoy lively shops and restaurants that attract visitors from around the globe. Thamel is the best place to buy the trekking gear and gifts for your beloved ones. You will spend the night at the hotel.

Day 2: Kathmandu to Dhunche (2000m) : 102 km, 5-6 hours

Today, following breakfast, your Gosaikunda Lake Trek will commence from your hotel. Your trekking guide, porter, and private jeep will be waiting in the lobby between 7:30 am and 8:00 am, so please ensure you complete your packing, storage, and breakfast before that time. You will begin the Gosaikunda Lake trek with a scenic drive through charming Nepali villages, cities, farmland, mountain views, rivers, and the vibrant local landscape that you can enjoy from the jeep. The journey will take approximately 5-6 hours to reach Dhunche from Kathmandu, which serves as the starting point for the trek, covering a distance of about 102 km. During the journey, we will take a break for lunch at a pleasant spot where we can pause to appreciate the moment and capture some photographs. Once we arrive in Dhunche, we will need to obtain the necessary permits, and after a short drive, we will reach our accommodation for the night, where you will spend the evening. Today is primarily a travel day, so the real adventure will begin the following day. After checking into the hotel, you will have some free time, and the guide will take you for a short walk around the city.

Day 3: Trek from Dhunche to Chandan Bari (Sing Gompa) (3330m): 8 km, 5-6 Hours

Begin your trek to Gosaikunda Lake from Dhunche after breakfast. Cross the suspension bridge and ascend the stairs, taking in the breathtaking views of the mountains and deep valleys. The journey takes you through alpine and oak forests, leading you to Deurali (2635m). Here, you can pause to appreciate the stunning scenery and the tranquility accompanied by the soothing sounds of nature. Continue your ascent to Dhimsa (3000m), a quaint village nestled within the alpine forest. If you feel hungry, you may stop for lunch; otherwise, enjoy a cup of tea or coffee before proceeding to Sing Gompa (3330m). Sing Gompa, also referred to as Chandan Bari, is home to a cheese factory and offers warm accommodations along with spectacular views of the Himalayas. This location

allows you to fully immerse yourself in the beauty of nature and the richness of cultural diversity. Spend the night here, relishing the harmony of nature and culture.

Day 4: Trek from Sing Gompa to Gosaikunda Lake (4380m): 9 km, 6 hours

Today, we embark on a journey to Gosaikunda Lake (4380m) from Chandan Bari / Sing Gompa (3330m), which involves an elevation gain of approximately 1050m over a distance of 9km. After enjoying breakfast, we will set off on another adventure, fueled by motivation and a pleasant pace. The journey takes us through pine and rhododendron forests, offering breathtaking views of Langtang, Ganesh Himal, and Manaslu, as we encounter yaks and various wildlife along the way. We will arrive at Cholang Pati village, a quaint settlement that boasts stunning vistas of the Himalayas. Here, we will take a break for tea or coffee before continuing our walk through the magnificent landscape towards Lauribinayak (3900m), which is an ideal spot for lunch and an overnight stay. This location provides panoramic views of the mountains and the lush valley below. After lunch, we will continue our ascent, which presents an opportunity to witness the picturesque scenery. As we climb higher, we will come across several small lakes, including Saraswati Kunda and Bhairav Kunda, before finally reaching the main Gosaikunda Lake (4380m). We will check into the lodge and enjoy the evening views of the lake, mountains, and surrounding landscape.

Day 5: Trek Back from Gosaikunda to Chandan Bari (3330m): 6 hours

Awaken to breathtaking views of the lake and the crisp mountain air. Then, explore Gosaikunda Lake, a remarkable alpine lake situated at an elevation of 4,380 meters above sea level. This lake lies beneath Surya Peak, nestled peacefully among the snowy summits, and the reflection of the mountains on its pristine blue waters is truly unforgettable. Gosaikunda is of significant religious importance to both Hindus and Buddhists. According to legend, Lord Shiva created this lake by plunging his trident into the earth. It is believed that when human life began, there was a need for

water, which led to the mining of the ocean. During this mining process, poisonous substances emerged, causing suffering among all living creatures. Upon hearing this news, Shiva consumed the poison to save their lives. However, as he ingested the poison, he felt immense pain and thirst, prompting him to thrust his trident into the ground, resulting in the creation of the lake. He did this to alleviate his burning throat after swallowing the cosmic poison (Halahala) to protect the world. Each year, thousands of devotees flock to the lake during the full moon festival in August to take a sacred dip in its waters. After enjoying breakfast, trek back to Chandan Bari

Day 6: Trek to Dunche and drive to Kahtmandu by Jeep Drive: 6-7 hours

Commence your trek from Chandan Bari to Dhunche after having breakfast. The trek will take around 3 hours, where you will meet our Jeep in Dhunche. Seize the opportunity to drive back in the most picturesque and comfortable manner, with the journey lasting about 5 hours. Upon reaching Kathmandu, check in at the Ramada Encore Hotel and enjoy your overnight stay.

This evening, Sherpa Nomad Trek Company will host a farewell dinner for you. We will provide a warm meal, and we would appreciate your feedback on the trip. Any suggestions you have will be taken into consideration for future improvements.

Day 7: Departure

Today marks the final day of the Gosaikunda Lake trek. We are thrilled to have been a part of your journey and wish you a wonderful time in Nepal with Sherpa Nomad Trek Pvt. Ltd. If you are returning home, we can arrange an airport drop-off for you. Additionally, as you plan your Chitwan safari or other adventures, we are here to assist you in providing the best possible service.

PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights 4 Stars Hotel in Kathmandu, at Ramada Encore
- 4 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities
- Kathmandu to Dhunche by a comfortable private Jeep
- After the trip is complete, you will be back in Kathmandu by Private Jeep
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, Battery charge in the Mountain

PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2 nights/3 Days: USD180 per person
- Everest Flight Tour: 2-3 hours: 220\$ per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- Extra Day in Mountain: USD 60 per person per day
- Extra night in Kathmandu: 90\$ for a single Room and 110\$ for a double/ Twin Room

EQUIPMENT & GEAR

Backpack

- 20-30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2-3 moisture-wicking T-shirts
- 1-2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2-3 pairs of quick-dry underwear
- 2-3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes are necessary from November to March

ADDITIONAL INFORMATION

What is the Gosaikunda Lake Trek?

The Gosaikunda Lake trek offers a compact, easy yet exciting trekking experience in Langtang National Park. It is recognized as one of the most picturesque and popular short trekking spots in Nepal, which can be paired with the globally acclaimed Langtang Valley trek, the cultural routes of the Tamang Heritage trek, and the Helambu trek. This trek can be undertaken within 5 to 15 days, depending on the chosen starting and ending locations. Therefore, the Gosaikunda Trek can be classified as both a short and a long trekking option. The Gosaikunda Lake is a magnificent alpine lake that showcases breathtaking mountain views and holds significant cultural and natural importance. Thanks to its location and level of difficulty, which accommodated both novice and seasoned trekkers equally.

What is the cultural significance of the Gosaikunda Lake?

Gosaikunda Lake holds profound cultural and spiritual importance. According to legend, the lake was created by the trident of Lord Shiva. At one time, when the ocean was being mined, a poison erupted and began to destroy life across the world. Upon learning of this in Kailash, where Lord Shiva and Parvati reside, they immediately traveled to the mining site, and Shiva consumed the

poison. During this process, the poison lodged in his throat, causing him great pain, and he needed water to wash it down. He struck his trident against a rock, causing water to flow out, which he drank, thus forming the lake now known as Gosaikunda. The name is derived from the Sanskrit word meaning 'Lake of Deity.' Therefore, Gosaikunda Lake is not only an alpine lake filled with glacial water but also rich in spiritual, cultural, and natural significance. Additionally, there are other lakes, such as Bhairab and Saraswati Lakes, each carrying its own unique value.

Is there any special festival at Gosaikunda Lake?

Indeed, Gosaikunda Lake serves as a spiritual hub for both Hindus and Buddhists. It embodies a rich tapestry of spirituality and culture, where nature intertwines with the divine. The lake hosts two significant festivals: Janai Purnima, which occurs in August during the full moon, and Ganga Dussehra, celebrated in May or June. Many pilgrims visit to bathe in the lake, seeking to establish a spiritual connection, cleanse themselves of negativity, and restore positive energy. This celebration aids in maintaining a balance between the natural, spiritual, and physical realms, fostering positivity within us.

Why should you embark on the Gosaikunda Lake Trek?

The Gosaikunda trek offers a breathtaking journey that leads you to magnificent alpine lakes, glaciers, and spectacular mountain vistas, all while showcasing a rich diversity of flora and fauna, varying climates, Tamang villages, and local culture. This trek provides a comprehensive trekking experience that can be completed within 5 to 10 days. It is suitable for both seasoned trekkers and novices, including families with children, as long as they possess reasonable fitness and physical endurance. If you are in search of a short yet rewarding trek, the Gosaikunda Lake trek is a must-do. Did you know that it is one of the most beautiful treks, yet relatively less explored? This means you will encounter fewer trekkers, allowing you ample time to immerse yourself in nature and enjoy the tranquil surroundings.

FREQUENTLY ASKED QUESTIONS

1. What is the Cost of the Gosaikunda lake Trek?

The Gosaikunda lake trek is priced between USD 300 and USD 1500 per individual. Variations in cost depend on group size, trip duration, the season, package quality, and other logistical considerations. To plan your ideal journey to Gosaikunda, contact Sherpa Nomad Trek Pvt. Ltd. We provide high-quality packages at affordable rates.

2. What is the best local company for Gosaikunda Lake Trek?

Sherpa Nomad Trek Pvt. Ltd is the leading local company for the Gosaikunda Lake trek. It is recognized as the best local provider, featuring reasonable pricing, a thoughtfully crafted itinerary, local expert guides, a commitment to sustainability, safety and security, impeccable hospitality, authenticity, eco-friendly tourism practices, attentive customer care, a high success rate for trips, over 20 years of experience, and a highly recommended premium package. Select Sherpa Nomad Trek Pvt. Ltd for your Himalayan adventure. Traveling with a local company offers a better experience at a reasonable cost.

3. What is the best time for the Gosaikunda Lake Trek?

There are two primary seasons for the Gosaikunda Lake Trek: autumn and spring. The optimal time to trek is during autumn (September to November), which follows the rainy season and precedes winter, resulting in stable and pleasant weather, stunning mountain views, lush greenery, and festive celebrations. Spring (March to May) is the second most favored season, known for its breathtaking mountain vistas, blooming flora, longer days, stable weather, and warm temperatures. The rainy season (June to August) and winter (December to February) are considered the off-peak

seasons for this trek; however, the Gosaikunda trek can also be regarded as a winter trek in Nepal. The rainy season poses risks such as heavy rainfall, flooding, landslides, and reduced visibility.

4. Is it possible to undertake the Gosaikunda Lake trek during winter?

Yes, the Gosaikunda Lake trek can indeed be done in winter, offering breathtaking views of the landscape and mountains similar to other main trekking seasons. The winter months (December to February) are not particularly harsh for the Gosaikunda trek. Due to its lower elevation, you are likely to encounter less snow and minimal danger. However, it is crucial to consider the weather conditions; sometimes the weather may not be favorable. Nevertheless, if the weather is good, you can enjoy a more pleasant experience with fewer people, snow-capped peaks, and a joyful journey.

5. Is it possible to undertake the Gosaikunda Lake trek during the rainy season?

Yes, the Gosaikunda Lake trek can be attempted in the rainy season, but we cannot guarantee spectacular views. It largely depends on the weather conditions. The rainy season lasts from June to August, so the period until mid-June and throughout August can be considered for the Gosaikunda Lake trek. If the weather is favorable, you will have a more enjoyable experience with fewer people, snow-capped peaks, and a delightful journey. However, if you choose to trek during the rainy season, do not expect the best views; if you are fortunate, you may enjoy the scenery, but if not, do not feel disappointed.

6. What are the minimum and maximum age requirements for the Gosaikunda trek?

Generally, individuals of all ages can participate in this trek. However, it is important to note that the trek involves walking for 5-6 hours and reaching a maximum elevation of 4,380 meters, which

requires a certain level of physical endurance. Children can join their parents on this trek, and travelers aged 70 to 80 can also participate, but it is essential that they possess adequate physical fitness and mental resilience.

7. Is the Gosaikunda trek suitable for beginners?

Yes, the Gosaikunda Lake trek is a short and moderately difficult trek that reaches an elevation of 4,380 meters. Each day, you will need to walk approximately 5-6 hours. If you are capable of walking for about 5-6 hours daily, both ascending and descending, you are welcome to join, whether you are a beginner or an experienced trekker. Please note that prior experience is not necessary, but a reasonable level of fitness is required.

8. Is a guide required for the Gosaikunda trek?

Yes, according to the latest regulations aimed at ensuring the safety and security of trekkers, hiring a local guide is mandatory. While some travelers may not adhere to these rules, the majority of trekkers opt to take a local guide for their journey to Gosaikunda. Please be aware that traveling without a guide may not provide the best experience, and you could face circumstances that are challenging to handle. Nepal is generally a safe country to visit, but natural disasters can occur.

9. What is the maximum elevation of the Gosaikunda trek?

The highest point of the Gosaikunda Lake trek reaches 4380m above sea level, where the stunning Alpine Lake stands.

10. Is altitude sickness a concern?

Yes, while the Gosaikunda trek is at a lower elevation, which reduces the risk of Acute Mountain Sickness (AMS), there is still a possibility of experiencing AMS. Therefore, it is important to maintain a comfortable pace, stay hydrated, take adequate rest, eat sufficiently, and appreciate the scenery.

11. How difficult is the Gosaikunda trek?

The Gosaikunda trek is considered moderately challenging, primarily involving both uphill and downhill sections, so a reasonable level of fitness is required. With physical fitness and mental resilience, both novice and experienced trekkers can participate.

12. What is the cost of hiring a guide and a porter?

In Nepal, the fees for local guides and porters are quite reasonable. A guide, who is a trained professional with extensive experience in the mountains, can be hired for USD 30 to 40 per day. This cost covers meals, gear, insurance, salary, and accommodation. Guides are proficient in English and are excellent for managing logistics and maintaining good connections with locals. The porter is an essential part of the journey, significantly contributing to a pleasant experience while navigating the rugged Himalayan terrain. A single porter can carry between 18 to 20 kg, which can be shared among two trekkers. The cost for a porter ranges from USD 22 to 25 per day, which also includes insurance, salary, meals, gear, and accommodation. In line with the tourism culture in Nepal, tipping for both the guide and porter is customary. If you only need to hire a porter, please feel free to contact us.

13. What is the distance of the Gosaikunda Lake trek?

The Gosaikunda Lake trek is brief in Nepal, covering a distance of 18 km from Dhunche to Gosaikunda Lake, with the return journey being the same distance. The total walking distance

amounts to 36 km, with daily segments ranging from 9 km to 14 km.



