

Trekking Type :	TeaHouse/Camping
Trekking Grade :	Medium-Hard
Trekking Duration :	7 Days
People In Group :	1+
Trekking Price :	\$.0
Max. Elevation :	4609 mt.



[Gosainkunda](#) is commonly known as **frozen lake** also. Trekkers love to go to this region as it is situated at an elevation of 4300 m. Not only the trekkers, people with

religious aspects

also visit this region in a huge number. They have a belief that if one takes a dip into the pond, sin comes out of the body.

Langtang,Gosainkunda:Helambu Region trekking...Hiking amidst spectacular nature in its most natural form...

Langtang area is geographically based towards the north of Kathmandu Valley. The scenery here is spectacular, and the trek more exploratory as the area is visited by fewer tourists. To the west of Langtang is Ganesh Himal with a range of 6000 to 7000 meters. The Gosainkund and Helambu region lies to its south; these can be combined with Langtang to make treks from 7 to 21 days. This region is inhabited by the Tamang and Sherpa communities whose religious

practices, language and dress are much more similar to those of Tibet than to the traditions of their cousins in the middle hills.

The Langtang trekking actually starts from Dhunche or Syabru which is seven to ten hours by a bus/jeep ride through lush green scenery from Kathmandu. Just a couple of days walking find you amongst beautiful snow peaks of the Ganesh and Langtang ranges. Following the Langtang Khola (river) will take you to the settlement of Kyanjin Gompa at 3900m. This is the furthest place to find lodges up the valley. The Langtang Valley was designated the first National Park of Nepal in 1971. Beautiful landscapes and pretty villages make this a relatively easy and therefore popular trekking destination in Nepal. After retracing our steps to the village of Syabru we cross the Laurabina La, a pass at 4610m, into the Helambu district. The crossing of the pass in a freezing wind and thin air is nothing compared to the descent in waist deep sluggish snow and losing your way on the Helambu side; which tends to happen in the winters; but trekking in this wonderful region can be deemed as some of the best in Nepal.

***Encounters Nepal* will escort you to some of the most awesome spots in this region for views of some of the most stunning landscapes in the world.**

Itinerary List

Day 1 : Kathmandu to Dhunche (1950m) (117 km/ 7-8 hours): Drive by bus/jeep.

Day 2 : Dhunche to Sin Gompa: Trek.

Day 3 : Sin Gompa to Gosainkunda Lake: Trek.

Day 4 : Gosainkunda to Tharepati: Trek.

Day 5 : Tharepati to Kutumsang: Trek.

Day 6 : Kutumsang to Chisopani: Trek

Day 7 : Chisopani to Kathmandu via Sundarjal (15km/ one hour): Trek, drive by bus/car.

Note

7 Days Gosainkunda (Frozen Lake) Trekking Itinerary we are proposing you is only on outline. You could use it to best fitness and interest when practically you are in the field our guide are

very comfortable, flexible and understanding to make your trip with full of pleasure.