



Bridge Nepal Treks & Travels

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Gosaikunda Trek : 6 Nights and 7 Days | Take a spiritual and Natural tour with Bridge Nepal

Price	700.00
Duration	6Nights and 7Days
Location	Nepal

Tour Overview

Trek Overview of Gosaikunda Trek

The Gosaikunda Trek is a beautiful Himalayan journey that leads you to the sacred alpine lake of Gosaikunda Lake, located high in the Langtang region. This trek combines natural beauty, spiritual significance, and cultural encounters in one unforgettable route.

Starting from the lower hills of the Kathmandu Valley, the trail gradually rises through lush forests, traditional villages, and peaceful mountain settlements. As you ascend, the landscape transforms into alpine terrain with breathtaking views of snow-capped peaks. The journey is moderate in difficulty and suitable for trekkers who want both adventure and meaning in their Himalayan experience.

Why This Trek is Special ?

The Gosaikunda Trek is not just a walk in the mountains—it is a journey of faith, peace, and discovery.

Sacred Destination: Gosaikunda is a holy lake for both Hindu and Buddhist pilgrims, believed to be created by Lord Shiva.

Dramatic Mountain Views: From Laurebina ridge and pass, you can witness panoramic views of the Langtang Himalayan range.

Diverse Landscapes: The trail moves through forests, waterfalls, alpine ridges, and quiet mountain villages.

Cultural Connection: You experience the warm lifestyle of Tamang communities along the route.

Peaceful Escape: Far from city noise, this trek offers deep silence, fresh air, and natural healing energy.

Adventure with Meaning: Every step combines physical challenge with spiritual reflection.

Safety & Altitude Information

At Bridge Nepal Treks and Travels, your safety is our highest priority. The Gosaikunda region is a high-altitude Himalayan destination where proper preparation, guidance, and pacing are essential for a safe and enjoyable journey.

Altitude Profile of the Trek

Gosaikunda Lake: 4380 meters

Laurebina La Pass: 4610 meters (highest point)

Key risk zone: Above 3000 meters where altitude effects may begin

At these elevations, the air becomes thinner and the body needs time to adjust. Our itinerary is designed with a gradual ascent to support natural acclimatization.

Understanding Altitude in Simple Terms

As you move higher, oxygen levels decrease. Some trekkers may feel mild symptoms such as:

Headache or light dizziness

Fatigue or reduced appetite

Difficulty sleeping

These effects are common and usually temporary when the body is given proper rest and hydration.

Bridge Nepal Treks and Travels Safety Approach

We follow a carefully structured safety system throughout the trek:

- ✓ Gradual elevation gain to support acclimatization
- ✓ Experienced licensed trekking guides on every departure
- ✓ Continuous health monitoring during the trek
- ✓ First-aid support carried by our team
- ✓ Immediate response plan for altitude-related concerns
- ✓ Safe and verified tea-house accommodations

Trekking Best Practices for Safety

To ensure a smooth and enjoyable journey, we recommend:

Walk at a slow and steady pace

Drink plenty of water throughout the day

Avoid alcohol and smoking during the trek

Eat light, energy-rich meals

Inform your guide immediately if you feel unwell

Dress in layers to adjust to changing temperatures

Emergency Preparedness

Your safety is supported with full backup planning:

Emergency evacuation coordination if required

Communication support in remote areas

Trained guides capable of handling high-altitude situations

Quick decision-making based on weather and health conditions.

Our Commitment

With Bridge Nepal Treks and Travels, you are not just joining a trek—you are joining a carefully managed Himalayan journey where comfort, safety, and experience come together. We ensure that every traveler moves with confidence, support, and peace of mind while enjoying the beauty of the mountains.

Trip Highlights

- Sacred alpine lake of Gosaikunda Lake at 4380m

- Beautiful Himalayan views from Laurebina ridge and pass
- Peaceful trekking route inside Langtang National Park
- Rich Tamang culture, traditions, and mountain lifestyle
- Beautiful forest trails filled with rhododendron and pine
- Dramatic landscapes shifting from green hills to alpine wilderness
- Sunrise and panoramic mountain scenery above the clouds
- Spiritual experience in one of Nepal's most sacred pilgrimage sites
- Less crowded trekking route compared to other popular trails
- Professional guidance by Bridge Nepal trekking team

Detailed Itinerary

Arrival in Kathmandu - A Warm Himalayan Welcome

Your journey begins in the vibrant capital, where ancient culture and modern life blend beautifully. At Kathmandu, you are greeted with traditional hospitality and transferred to your hotel. The city welcomes you with temple bells, prayer flags, and warm smiles. In the evening, a short briefing prepares you for the mountain adventure ahead, filling you with excitement for the days to come.

Kathmandu to Dhunche - Journey into the Mountains

Today, the road slowly leaves the city behind and enters the heart of the Himalayas. The drive to Dhunche is a scenic transition from bustling roads to peaceful mounta

Dhunche to Chandanbari (Sing Gompa) - Into the Forest World

The trek begins through dense forests of pine, oak, and rhododendron. Birds sing above and mountain breezes guide your path. Slowly, the trail climbs higher, revealing

Chandanbari to Gosaikunda Lake - Journey to the Sacred Waters

Today's trail is both challenging and deeply rewarding. The path rises above the tree line, entering a world of rocky landscapes and open skies. As you walk through Laurebina ridge, the Himalayas unfold in every direction. Finally, you arrive at Gosaikunda Lake—a crystal-clear holy lake surrounded by towering mountains. The still waters reflect the sky, creating a magical and spiritual atmosphere that feels timeless and sacred.

Laurebina Pass to Ghopte - Walking Above the Clouds

Early morning brings a breathtaking climb to Laurebina La Pass. From the top, panoramic Himalayan views stretch endlessly, making every step worthwhile. After soaking in the beauty, the trail descends through rugged ridges and quiet forests. The landscape changes constantly—from alpine wilderness to green woodland—before reaching Ghopte, a peaceful resting place hidden among the hills.

Ghopte to Sundarijal - The Return Through Nature's Pathway

Today is a long and beautiful descent through diverse landscapes. You pass through traditional villages like Kutumsang and lush forest trails leading toward Chisapani. Each step brings you closer to city life, yet nature continues to surround you with its calm presence. From Sundarijal, a short drive takes you back to Kathmandu, where comfort and rest await after the mountain journey.

Departure - Memories That Stay Forever

Your final day in Nepal is calm and reflective. After breakfast, you are transferred to the airport from Kathmandu. As you leave, the memories of sacred lakes, mountain passes, and peaceful trails remain with you. The journey ends, but the connection with the Himalayas stays in your heart forever.

Included Services

- Airport pick-up and drop-off (Kathmandu)
- 2 nights hotel accommodation in Kathmandu (standard tourist category)
- All necessary trekking permits (Langtang National Park + TIMS)
- Ground transportation (Kathmandu - Dhunche & Sundarijal - Kathmandu)
- Full-board meals (Breakfast, Lunch, Dinner) during trek
- Tea house accommodation during trekking days
- Licensed, experienced English-speaking trekking guide
- Porter service (2 trekkers = 1 porter basis)
- Guide and staff insurance
- First aid medical kit carried by guide
- Trekking route map and briefing session
- Government taxes and service charges
- Trek completion Certificate

Excluded Services

- International airfare and Nepal entry visa fee
- Travel and medical insurance (mandatory for high-altitude trekking)
- Tips for guide and porter (recommended but optional)
- Personal trekking equipment (boots, jackets, sleeping bag, etc.)
- Emergency evacuation or helicopter rescue (covered by insurance)

Fixed Departure Dates

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Frequently Asked Questions

Q: What is the Gosaikunda Trek known for?

The trek is famous for the sacred alpine lake of Gosaikunda Lake, stunning Himalayan views, and spiritual importance for Hindu and Buddhist pilgrims.

Q: How many days is the Gosaikunda Trek?

This itinerary is typically completed in 7 days, starting and ending in Kathmandu.

Q: What is the maximum altitude of this trek?

The highest point is 4,610 meters at Laurebina La Pass.

Q: Is this trek difficult?

It is considered a moderate-level trek. Good fitness is helpful, but prior trekking experience is not mandatory.

Q: Do I need trekking experience?

No, beginners can do this trek if they are physically fit and follow proper guidance.

Q: What is the best time to do this trek?

The best seasons are spring (March–May) and autumn (September–November) for clear skies and stable weather.

Q: Can I get altitude sickness?

Yes, mild altitude symptoms may occur above 3,000m. Our itinerary is designed with gradual ascent to reduce risks.

Q: What type of accommodation is available?

You will stay in basic tea houses/lodges during the trek and a comfortable hotel in Kathmandu.

Q: What kind of food is available on the trek?

Simple and fresh meals like dal bhat, noodles, rice, soup, eggs, and local vegetarian/non-vegetarian options are available.

Q: Do I need permits for this trek?

Yes, you need Langtang National Park Entry Permit and TIMS Card, both included in our package.

Q: Is drinking water available on the trail?

Yes, but we recommend using purified, boiled, or bottled water for safety.

Q: How long is the daily walking time?

On average, you will walk 5 to 7 hours per day, depending on the terrain and altitude.

Q: Is Wi-Fi or mobile network available?

Limited mobile network and occasional Wi-Fi are available in some villages, but connectivity is weak in higher regions.

Q: What should I pack for this trek?

Warm clothing, trekking boots, rain jacket, gloves, hat, sunscreen, water bottle, and personal medicines are essential.

Q: Is this trek safe for solo travelers?

Yes, but we strongly recommend going with a licensed guide from Bridge Nepal Treks and Travels for safety and better experience.

Q: What happens in case of emergency?

Our team provides emergency support, first aid, and evacuation coordination if necessary. Travel insurance is highly recommended.

Q: Are porters included in the package?

Yes, porter service is included (generally 2 trekkers share 1 porter for luggage).

Q: How cold does it get during the trek?

Temperatures can drop below 0°C at night near Gosaikunda and Laurebina Pass, especially in winter and early spring.

Q: Is travel insurance required?

Yes, high-altitude trekking insurance covering emergency evacuation is strongly recommended and often required.

Q: Why choose Bridge Nepal Treks and Travels for this trek?

We provide professional guidance, experienced staff, safety-first approach, well-planned itineraries, and personalized service to make your Himalayan journey smooth, safe, and memorable.

Trip Information

- About The Trek
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