Gosainkunda Lake Trek

Trip code	HH-LA-GL-10
Package name	Gosainkunda Lake Trek
Duration	10
Max. elevation	4609 m
Level	MODERATE
Transportation	Tourist Standard Bus
Accomodation	Hotel and Lodge/Guesthouse
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathamndu - Dhunche - Gosainkunda - Tharepati Chisapani - Sundarijal - Kathmandu
Cost	USD 645 per person

Highlights

- Drive through the winding roads of the Araniko Highway to Dhunche
- Enjoy the majestic view of mountains Ganesh Himal, Manaslu Langtang Himal from Gosainkunda Pass and Gosainkunda ri
- Discover the diverse culture and civilization of people living in this region.
- Explore other holy lakes like Bhairav Kunda and Ganesh Kunda (lake) with grand and massive Gosainkunda
- Enjoy flora and fauna in Langtang National Park like Danphe (the national bird of Nepal), Rhododendrons, wildflowers, and many more.
- Immerse into the cool surroundings of the holy lake, Gosainkunda where you can take a holy bath
- Enjoy this serene walk as a beginner to experience the Himalayas of Nepal in the Langtang region
- Experience the power of god Shiva with the holy bath in Gosainkunda

Overview

"Trek to one of the most beautiful and sacred lakes of Nepal, Gosainkunda, and surround yourself with snowy peaks of Mt. Langtang and Lirung"

Brace yourself to be stunned by the majestic natural and cultural beauty of the **Gosainkunda Lake** in this 10 days sacred **Gosainkunda Lake Trek**. The **Gosainkunda Trek** is of the most astonishing pilgrimage trip among Hindu followers. Along with the grand and massive sacred Gosainkunda, one can ascend to Gasainkunda Pass and Gosainkunda ri and can experience the thrills of adventure and breathtaking mountain panoramas including Mt. Langtang and Lirung. The rocky and rugged trail through the rhododendron forests will provide you with adventures you will never forget. More importantly, traversing through **Langtang National Park** amongst wide range of wildlife and plants will be another memorable moments for the trekkers who do **10 Day Gosainkunda Trek**.

Gosainkunda Lake Trek takes you through off-beaten trails, diverse climatic zones, and beautiful cultural settlements of the Langtang region. The beautiful trek through the rocky and remote trails will provide you with a lifetime experience as you stand on the bank of **Gosainkunda Lake** and enjoy the sight of snowy peaks around you.

Gosainkunda trek is a 10-day trek via **Langtang National Park**. The trek starts with a drive from Kathmandu to Dhunche. From Dhunche, we trek across forests and hills to reach Sing Gompa at 3350m. Then, cross many small lakes to reach one of the holiest lakes in Nepal, Gosainkunda Lake.

"VENTURE ON AN ADVENTURE PILGRIMAGE TREK TO HOLY GOSAINKUNDA LAKE WHERE GOD SHIVA IS BELIEVED TO BE RESIDING"

From Gosainkunda, we trek to Tharepati via Gosainkunda Pass. Situated at an altitude of 4609 m, Gosainkunda Pass (4630m) is the highest point of the trek. Continuing the trek, we pass by villages like Kutumsang and Chisapani and finally reach Kathmandu. Optionally, one can backtrack along the same trail to Dhunche from Gosainkunda via Lauribina. This way, trekkers can complete Godskikunda Lake Trek in fewer days like even in week(7 days).

One of the main highlights of this trek is the stunning views of mountains like Dorjee Lakpa, Ganesh Himal, and Manaslu. The mesmerizing lakes of Suryakunda, Bhairab Kunda, and Naagkunda are also other highlights of this trek. Gosainkunda Lake, at an altitude of 4,380m, provides a very mystical experience to every visitor.

Can I Combine Gosainkunda Lake with Langtang Valley Trek?

Yes, one can combine both Langtang Valley (3500m) and Godainkunda Lake (4380) in one trek like Langtang _Gosainkunda Lake Trek which takes at least 10 days. First people go to Langtang Valley and Kyanjing Gumba and then on the way back, they switch the trail to ThuloSyabru and then to holy Godainknda Lake. The same trekking permits will work for Gosainkunda Lake if you want to combine it with **Langtang Valley Trek.**

Why Gosainkunda Lake is special?

The Gosainkunda Lake is so special among the travelers especially Hindu Pilgrims as the lake is believed to be the abode of god Shiva. God Shiva's dead body is believed to be seen lying in the middle of the Gosainkunda Lake in the form of a big black rock. The massive black rock is seen resting in the middle of the lake into the water which is believed to be god Shiva. If one takes bath from the water of Gosaikunda with the Shiva's body in the middle of the lake, it is believed to be the most sacred and can wash all kinds of sins. So, there is a big fair organised on the full moon day of August to mark the special day for God Shiva and thousands of Hindu Pilgrims flock to the Gosainkunda Lake.

Which one is higher Kyanji Gumba or Gosainkunda Lake?

Gosainkunda Lake is higher than Kyanjing Gumba. Gosaikunda Lake is located at an elevation of 4380m above the sea level but Kyanjing Gumba is located at an ealvation of 3800m above the sea level. So, if you ascend to Kyanjig ri (4500m), you will ascend higher than Gosainkunda and again if you do Gosainkunda Pass (4630m), that will be higher than Kyanjing ri again.

What are the required permits for Gosainkuna Lake Trek?

One who is going for **Gosainkunda Lake Trek** requires collecting two types of trekking permits: TIMS Card (Trekking Information Management System) and Langtang National Park Entry Permit. One can collect these mandatory permits for Gosainkunda Lake Trek here in Kathmandu or optionally one can buy and collect them in Dhunche, the beginning point of **Gasainkunda Trek**. The best way to collect these permits are through the trekking company located in Kathmandu.

The **TIMS Card** costs Rs. 2000 for foreigners, Rs. 1000 for SAARC Nationals and **Langtang National Park Entry Permit** costs Rs. 3000 for foreigners and Rs 1500 for SAARC nationals including India, Bhutan and Bangladesh.

How are the foods and accommodation in Gosainkunda Lake Trek?

The local lodges and guesthouse offer you the food menu with their cost in Nepali Rupees along the trail. The most popular food items in the menu are: **Nepali Daal Bhat Set,** Indian Items, Chinese Items, Continental, Thai, noodles, bread items like Tibetan Bread, Curry items, Egg Items, Thukpa, Pizza, Pies like Apple and Banana, seasonal fruits and vegetable and dumpling. The foods they offer to the trekkers are freshly cooked with locally grown ingreditents. They are so authentic and hygienic to enjoy. One item of food cost in the menu ranges between Rs, 300-950 along the Gosainkunda Lake Trek in Nepal. One can carry some light snacks on their own to kill the intense hunger during the working hours.

Accommodations are provided and arranged by local lodges. The local lodges offer you the accommodation in twin sharing basis. The beds are very normal but comfortable enough to stay overnight. The toilets are outdoor and sharing basis. You’d better carry your own sleeping bag to comfort yourself during Gosainkunda Lake Trek in Langtang Region.

One night **accommodation** in twin sharing basis costs between **Rs. 500-1500** depending on the trekking season you travel. If it is peak trekking season like Autumn and Spring, in the months of Sep-Nov and Mar-May, you may have to pay little more than in off trekking seasons like Winter and Rainy. Sometimes, it's very hard to find the overnight stay at local lodges as the thousands of people go there in Autumn and Spring and on the Full-Moon Day of August where a big fair is organized. Therefore, you'd better book your Gosaiknunda Lake Trek Accommodation beforehand.

Connectivity and Wi-Fi in Gosainkunda Lake Trek

All the phone calls are easily available and accessible in entire **Gosainkunda Lake Trek**. If you have your own SIM Card in your smart phone, it still works and if you buy a local Nepali SIM Card like NT and NCELL before you go for Gosainkunda Lake Trek, it will give you every kind of access over your smart phone like normal calls and internet calls and messaging. You can buy Nepali Local SIM Card in Kathmandu before you depart for Gosainkunda Hike.

But, all the local lodges have the access of Wi-fi along the trail. They offer you the facility of Wi-Fi free of cost. The Wi-Fi connectivity provided by local lodges, sometimes, may not work properly as everyone is found using the same source of connectivity. Therefore, it is highly recommended to get local SIM Card in Kathmandu and access internet over it by purchasing enough data pack before venturing on the **Gosainkunda Trekking Trail.**

What are the transportation options for Gossainkunda Lake Trek?

One can have two types of transportation options: **Private Jeep or Car or public bus ride.** The public bus for Dhunche leaves every day from Machhapokhari, Kathmandu early in the morning like at 7 am. This is cheaper like Rs. 1500 per person. And if you go with private car and jeep, it will be more convenient and even the cost will go higher. The drive covers 99 kilometers in total from Kathmandu to Dhunche. It normally takes 5 hours to get Dhunche from Kathmandu via Trsihuli Bazaar.

The cost for private Jeep or Car ranges between Rs. 8000-1000. IF you go with sharing jeep or car, the cost goes down. The drive is along Pashang Lhamu Highway. People go Swabrubesi if they plan to go Langtang Valley and the ones who plan doing only Gosainkuda stop at Dhunche and ascend Gosai Lake.

Drinking Water and Shower facility in Gosaikunda Lake Trek

Majority of the people **buy bottled water** for drinking. The local lodges and the teahouse sell the bottled water to the trekkers with the cost **Rs. 150-200 per liter**. Also, one can get boiled or warm water for drinking at local teahouse. You can ask them to boil the water for you and you can fill your water bottle during the trekking hours. Actually, warm water during working hours and even in the nighttime helps you keep your body safe and warm in the cold weather. They charge you some extra cost for warm or **boiled water like RS.100-150 per liter**.

Don't collect and fill your bottle with local tap and river water along the trail.

Trekkers can take shower with solar heated water or gas-heated water along the **Gosainkunda**

Lake Trek Trip. The local lodges located on the trail offer you these options charging you some extra money like **Rs 200-500 per shower**. The water you use for shower will be hot enough to enjoy the memorable mountain bath.

Ask the lodge owner and your guide about the proper instructions before you go for shower at local lodges in **Gosainkunda Lake Trek in Nepal.**

Gosainkunda Lake Trek Bookings for 2025/2026

Gosainkunda Lake Trek booking for 2025/2026 can be done now if you want. Gosakunda Lake Trek bookings are open with us and even with other trekking companies who offer Gosainkunda Lake Trekking Trip in Nepal to holy Gosainkunda Lake where god Shiva is believed to be resting there.

While booking Gosainkunda Lake Trek, you need to be confirmed about the cost you are going to pay as advance, total cost you are paying to the operator, the number of days, highest elevation, non-refundable or refundable advance payment, highest elevation of Gosainkunda Lake Trek, trekking team, preparations, accommodation and meals available in Gosainkunda Lake Trek and trekking equipments you require to pack. Make sure that your final choice is Gosainkunda Lake Trek as a spiritual and nature lover to the highest elevation 4360 (Gosainkunda Lake Trek) or Gosainkunda Pass (4620m).

If you are preparing Gosainkunda Lake Trek for 2025/2026, you must do a very comprehensive research on every tiny thing you require for the trek and then only go for Gosainkunda Trek booking with a valid and authorized trekking company in Nepal. If you book Gosakunda Lake Trek via a trekking operator located in Nepal, they can operate your Gosainkunda Lake Trek in more professional and reliable way as they know every local trekking trail, foods and accommodations, weather conditions, guide and porter, transportations, possible risks and so on.

Thereefore, if you sure of everything that you need to know about Gosainkunda Lake Trek, book it via Nepali trekking company who can organize your Gosainkunda Lake Trek in the way you really want.

Conclusion

At Haven Holidays Nepal, we provide you with the best accommodation and transportation facilities during the trek. Our trained and experienced guides will take you through the respective tour and make sure you reach the destination and return back safely. Our all-inclusive trek package covers facilities of transportation, permits, porter, trek guide, and accommodation with breakfast.

Trip Itinerary

Day 1 : Kathmandu Arrival

After you land at Tribhuvan International Airport, our company representative will attend you at the arrival terminal. You will be transferred to your hotel, where you can rest for some time. You are given a point of time for the orientation meeting regarding the **Gosainkunda Lake**

Trek. You will be briefed about what to carry, what to do and what not to do and most importantly about altitude sickness briefing if you are ascending Gosainkunda Pass (4609m).

Later, our guide will provide all the detailed information about your trek. Overnight stay at a hotel in Kathmandu.

If you arrive earlier and have some hours spare, you can do **Tour to World Heritage Sites in Kathmandu .** This tour will impart an authentic insights into Nepalese history, culture, civilization and religions.

Day 2 : Drive from Kathmandu to Dhunche 2,030m/6,660ft Drive: 7 hours.

After breakfast, we hit the road and drive to Dhunche. We drive along Pasang Lhamu Highway via Shivapuri National Park, Kakani, Osho Tapoban and Trishuli Bazaar before arriving Dhunche.

Before you enter into Dhunche, you have to show Langtang National Park Entry permit which can even be bought in Dhunche.

Dhunche is the headquarter of the Rasuwa district. We drive along the Pasang Lhamu Highway. On the way, you can enjoy the fantastic sceneries surrounded by glittering white Himalayas. The jungle on one side of the road and the villages with agricultural lands and rivers on the other side look stunning. After 7 hours of driving, you reach Dhunche, the headquarters of the Rasuwa district.

Day 3 : Trek Dhunche to Sing Gompa 3,350m/10,991ft Trek: 5-6 hours.

After breakfast in Dhunche, our trek starts towards Sing Gompa. En route, enjoy the scenic panoramic view of the mountains as you trek through pine and rhododendron forests. You may also encounter wildlife like musk deer and Himalayan Thar during the trek. On the way, you can see many pasture lands, unused lands, forests of pines and rhododendrons, and beautiful waterfalls. After 6 hours of trekking, you finally reach Sing Gompa. Overnight in Sing Gompa.

Day 4 : Trek Sing Gompa to Gosainkunda Lake 4,380m/14,370ft Trek: 5-6 hours.

Today is the highlight of the trek as we trek to one of the holiest lakes of Nepal. We start the trek from Sing Gompa and pass through rhododendron forests, enjoying the mesmerizing views of Tibetan Peak, Hiunchuli, Langtang, and Manaslu range. Before one arrive at Gosainkunda, you walk through Lauribina. The steep uphill walk of Lauribina will get you tired somehow. However, this walk todday will be memserizing as you get your final destination that is Gosainkunda.

Gosainkunda is one of the most sacred lakes for Hindus. As you reach Gosainkunda, the cool breeze takes away all of the stress and pain that you have incurred on the trek.

You can explore the lake in the evening and even take bath and stay Overnight in Gosainkunda.

Day 5 : Trek to Tharepati crossing over Gosainkunda pass 4,609m/15,122ft Trek: 6-7 hours.

You can have a holy bath and go to explore the popular and sacred Gosainkunda Lake early in the morning if you want. After breakfast in the morning, we start the trek to Tharepati. Today, we reach the highest point of the trek, Gosainkunda Pass (4609m), from where we can enjoy mesmerizing views of the Tibetan peak, Hiunchuli, Langtang, and Manaslu range even closer.

We then start our descent to Tharepati through the forested trail enjoying the view of the snow-capped mountains. Be careful with the steep donwhill walks towards Tharepati. After 6-7 hours of trekking, we reach Tharepati. Overnight in Tharepati.

Day 6 : Trek Tharepati (3690m/12106ft)to Kutumsang 2,470m/8,104ft Trek: 4-5 hours.

After breakfast at Tharepati, we start the trek to Kutumsang. On the way, we pass by many small and scattered settlements. Through the rhododendron and pine forests, we head our way to Kutumsang. Enjoy the majestic sights of snow-capped mountains en route to Kutumsang.

After trekking for about 4-5 hours, we reach Kutumsang. Kutumsang is a beautiful settlement with beautiful scenery all around. Enjoy homestay accommodation at Kutumsang with local authentic cuisines.

Day 7 : Trek Kutumsang to Chisapani 2,300m/7,546ft Trek: 5-6 hours.

After breakfast at Kutumsang, we start our trek to Chisapani. We trek through the lush, colorful rhododendron forests. We can enjoy the beautiful view of the mountains around us as we descend down to Chisapani.

After trekking for about 5-6 hours, we reach Chisapani. Spend the evening strolling around the village. You can also opt to rest at the lodge. Overnight in Chisapani.

Chisapani is the such a point which divides the two trails: One for Sundarijal and the other for Nagarkot.

Day 8 : Trek to Sundarijal 3-4 Hrs, then drive back to Kathmandu 45 Mins.

Today is the last day of our trek. After breakfast, we start our downhill trek. The trek today is relatively straightforward. We trek through the dense forests of Shivapuri National Park. On the way, we can enjoy scenic views along with glimpses of different animals and birds of the national park. After trekking downhill for 3-4 hours, we arrive at Sundarijal. From Sundarijal, we catch a public bus or private car/jeep to reach Kathmandu. After 45 minutes of the drive,

we reach Kathmandu. Our staff will transfer you to your hotel. Overnight in Kathmandu.

Accommodation: Hotel

Day 9 : Kathmandu Sightseeing and Farewell Dinner.

After breakfast in the morning, you will head out for a short sightseeing tour of the famous **UNESCO world heritage sites of Kathmandu** like Swayambhunath, Pashupatinath, and Kathmandu Durbar Square. You will get to see the art and architecture of ancient Nepal at these sites. These heritage sites are almost 800 years old. The architecture of the people during the Lichhavi and Malla Dynasty will leave you amazed. Our guides will provide you with the necessary guidelines and information in the evening. You spend the night there.

Day 10 : Departure Day.

This is the day you depart for your home country. Our staff will drop you to the airport and make sure you reach the airport on time. We bid you farewell, hoping to travel together again.

Inclusions

What is included?

- All Arrival and Departure Transfer from airport to hotel and vice-versa, vehicles according to group size.
- Twin sharing room on best tourist standard hotels in Kathmandu on a bed and breakfast basis only.
- Comfortable Bus service Kathmandu-Dunche and Sandarijal -Kathmandu.
- Twin-sharing accommodation on the best available local lodges includes Breakfast,
- Service of guide, and trekking staff as per size of a group with porters.
- Wages, meals, medical allowance of guides, trekking staff and porters.
- Trekking Permits TIMS(Trekking Information Management Systems).Langtang National Park Entrance Fees.
- Comprehensive Medical Kit carried guide if required for minor wounds and sickness.
- Sightseeing tour around Kathmandu Valley
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.
- Expenses of a personal nature, meals (Lunch And Dinner)
- Extra snacks and refreshments.
- Gratitude or tipping for trekking staff, drivers, porters and guides.
- Personal trekking gear.
- Emergency Evacuation if required by any means of transportation, including Helicopter Service.
- Personal medical kit, as advised by your doctors.
- Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

- Kathmandu sightseeing entry fee.

Trip Info

Booking Terms and Conditions

Booking

To book this trip, you have to find the **book now** button and click it. After that, you will see a form where you will fill up all the required information for the trip including the departure date you want and click the button submit. Now you have completed the form and we will reply to your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip, **Gosainkunda Lake Trek**. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Or, optionally, if you want to pay in cash, you can do it here in Nepal while we see each other in Haven Holidays Head Office.

Cancellation and Refund

You can cancel **Gosainkunda Lake Trip** if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payments to other operating sections. Therefore, the other operating departments like transportation, food and accommodation, and trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you the advance payment. But, you can postpone the trip for future, we will offer you the same or other equivalent trip whenever you want in the future. Your booked trip will be safe and secure and you can use it whenever you want.

Trip Postponement and Transfer

Though you cannot get a refund after you cancel your planned trip, **Gosainkunda Lake Trek**, you can postpone it for the future and you can do it whenever you have a favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want other people who are closer to you to do this trip, you can do the transfer or offer this trip as a gift. But for this, we require valid and reliable evidence like email addresses, other contacts and all required contracts we made previously.

Training for High Altitude

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the trip in the Himalayas. For this, you are required to do short hikes

and joggings, aerobics, regular exercises, walking up and downs with a small backpack, joining a gym for cardio and other exercises and primarily, jogging, cycling, futsal football and short hikes/treks in the hill. You can practice both slow jogging and quick running which will help you a lot in the mountain to adjust to the new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board the trip to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have a balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum8 hours with little backpack for the trek you want.

If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek.

Very few people have the issue acute mountain sickness during Gosainkunda Lake Trek as the trek is easy or moderate just above 4000m not above 5000m like **EBC Trek** and **Manaslu Circuit Trek** . You may have some minor symptoms of acute mountain sickness and it will be okay when you have hot soups and plenty of water during the trip.

You are ascending 4380m which is Gosainkunda Lake and if you are climbing Gosainkunda Pass, then, you will get the elevation of 4609m which is the the highest point of Gosainkunda Lake Trek. So, you require preparing very well as you are ascending above 4000m in the wild mountain and holy Gosainkunda Lake.

How to Prepare for Gosainkuna Lake Trek?

If you prepare the **Gosainkunda Lake Trek** very well in a finely organized way, it is said, half of the trek is already accomplished. Therefore, one requires preparing the trip with all requires things to carry and keeping oneself fit and fine.

Best Ways for Preparing the Trek

- Do regular exercises basically related to Cardio
- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears
- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for **Gosainkunda Lake Trek**
- Prepare all required medicines you must take on the trip regularly if you are doing it

- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don't try to be prodigal, just enough
- Prepare travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways flight tickets and confirm it so that it will be easier for you to return homeward

Arrival

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Nepalgunj, Dhangadi, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the on-arrival visa instantly if you have not applied for Nepal visa for Nepal through the consulate centre or Nepal Embassies near you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all the required documents for the visa.

Tourist Visa Nepal

A tourist Visa is on arrival visa in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. It's a quick and not a delayed process. TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, You can expect some queues during peak Tourist season (Autumn-Sep-Nov). If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. We recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining a tourist visa on arrival. The choice is yours.You can get more information **on Tourist visa nepal** which tells you something authentic tips about how to get Nepal Visa.

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just 30 minutes drive.

Get checked in the hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel and think of preparing your **Gosainkunda Lake Trek.**

Orientation

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know the trip you are undertaking from the next day or the same day onwards which is Trek to Gosainkunda. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.
If you have any queries, you can put them in this orientation meeting before you depart for your trip.

Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Those who approach for last minute booking with us; must pay a 10% additional cost of the total trip cost mentioned on our website.

You can book the trip you like on our website even a day before the trip begins.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh hour. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips.

Don't hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal. Even, one can book **Gosainkunda Lake Trek** a day earlier before you depart for the trip.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some little additional cost which we will settle in mutual understanding.

You can extend your Gosainkunda Lake Trekking to Langtang Valley trekking or Yala Peak Climbing, you still can do it with us and possible to do.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or other several places of Kathmandu, trekking beginning points as well. You can find several money exchange counters in different corners of Thamel city. If you are in a rush and cannot do this, you can pay USD, AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc. You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, and Namche You can ask to exchange your currency with Nepal with local lodges/restaurants/hotels/ guesthouses too. But, you need to have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal.

As you are beginning this Trek to Gosainkunda from Kathmandu, you are suggested to change your currency into Nepali rupees in Kathmandu , Thamel. Optionally, you can do it in Dhunche, the beginning point of Gosainkunda Lake Trek, as well.

Haven Holidays Team

Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle the sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.

The **Haven Holidays Team** will assist you in every step of your Gosainkunda trip to make it memorable and more convenient.

Luggage and Storage

If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the labor rule that a porter can only maximum of 20kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Two people one porter put 10kg of stuff by each individual.

If you think you don't need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Take the luggage tag while storing the unnecessary luggage.

Alternatively, one can store the unnecessary stuffs which you don't require during the trek, at the hotel in Dhunche if you are planning to return along the same trail back.

Meals

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have extra tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you throughout the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time; you have to consider it very calmly.

You will enjoy freshly cooked meals in the mountain during the trip days with local ingredients. The most common and favorite items of foods in the menu prepared by local lodges along **Gosainkunda Lake Trek** are: Nepali Daal Bhat Set, Dumpling, Chicken Curry, Lentil Soup, Tibetan Bread, Egg Items, Noodles and Thukpa. You can pick the item you like and make an order to dine.

Where does Gosainkunda Lake Trek Start from?

Trek's formal starting point is Dhunche after 6 hours drive from Kathmandu. Dhunche is the headquarters of the Rasuwa district. We drive along the Pasang Lhamu Highway. On the way you can enjoy the fantastic sceneries surrounded by glittering white Himalayas. The jungle on one side of the road and the villages with agricultural lands and rivers on the other side look stunning. After 7 hours of driving, you reach Dhunche and the place is as well as the entrance of Langtang National Park too.

The local bus and the jeep for Dhunche from Kathmandu can be found in Machhapokhari, Kathmandu. The bus leaves early in the morning at 7.

Electricity and Charging Facility in Gosainkunda Lake Trek

You will get a good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking like in Gosainkunda Lake Trekking Trail and other adventure activities, you can get the facility of electricity to charge your phones and backups. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount to charge your batteries, backups and phones in remote areas trekking.

There won't be an electricity heating system in the mountain while doing trekking or other adventure activities.

Majority of the local lodges use solar energy for lighting and charging the batteries and same phones and offer the same thing for the trekkers. The power plugs are centralized in the dining hall and you need to plug in your smart phone and battery backups. Take a good care of you smart phones while charging.

How is the Drinking Water Facility in Gosainkunda Lake Trek?

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water you can buy along the trek in the guesthouse.

Communication and Wi-Fi

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains, you may not be able to have such kind of facility as in the cities. But, most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-fi during the trip in the mountains.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized-photograph. You can buy a data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, and access the internet over it.

Along the **Gosainkunda Lake Trek**, trekkers will have a good accessibility of Wi-Fi all round the trip at local lodges. The local lodges will offer you the accessibility of WI-Fi free of cost. Sometimes, the WI-Fi connection may be weaker as all the people work on the same connection. So, the best way to get internet access over your smart phone is by installing local SIM Card like NT and NCELL which are available in Kathmandu. You purchase the data you want for your **Gosainkunda Lake Trek.**

Trek Ends

The ending of the Gosainkunda Lake Trek is Sundarijal. It's a popular tourist destination and a source of drinking water supply for Kathmandu Valley, Located on the northeastern fringe of Kathmandu, the capital city of Nepal. The main attraction of Sundarijal is its scenic beauty, with lush

greenery, waterfalls and streams. It serves as the starting point for the Chisapani - Nagarkot trek as well as the ending point of the Gosainkunda trek. The trek passes through Shivapuri Nagarjun National Park. Providing an opportunity to experience the rich biodiversity of the region. From Sundarijal, 45 minutes of the drive we reach Kathmandu.

Alternatively, the trekkers can end this Gosainkunda Trek at Dhunche where one begins the trek by backtracking along the same trail. Ending the trek at Dhunche will take less days than ending it at Sundarijal. So, one can start the trek at Dhunche and end at Dhunche.

Feedback

You can give feedback on the trek/trip you have undertaken at the end of Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback on the **trip advisor page** which will be more reliable and public.

Trek Extra Personal Expenses

How prodigal are you? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

You may like to collect some holy souvenirs from Gosainkunda or Dhunche along the trail or want to tip your guide and porter and the end of Gosainkunda Lake Trek. For this, you can allocate USD 150-200 as extra personal expenses in Gosai Trekkking.

Departure dates for Gosainkunda Lake Trek

Gosainkunda Lake Trek Deparutres Dates are available all the time on online platforms fed by trekking and travel company. You can simply find a valid and professional trekking company in Nepal or elsewhere and can reserve your Gosainkunda Lake Trek. For reserving your Gosainkunda Lake Trek in Nepal, you are suggested to plan it at lest 3 months prior to fit yourself to ascend up to 4380m Gosainkunda Lake or Gosainkunda Pass (4620m) if you choose to go Gosainkunda Lake Pass.

Mostly, Gosainkunda Lake Deparutre Dates are available in the months of March, April and May and Sept, Oct and November as these months of the year are bet times of the year for Gosainkunda Lake Trek. These months are either spring or sutuman of the year.
if you are planning your Gosainkunda Lake Trek in autumn or in spring, you can find the departure dates for group joining as well if you like the the trekking trip in group. If you want individual or private Gosainkunda Lake Trek, it is still possible in the months of September, October, November and March, April and May.

When you see the suitable departure dates for you for Gosainkunda Lake Trek, thnk it twice and go for it to suit your vacation framing. Once you book Gosainkunda Trek, don't forget to ask the receipt to keep as evidence with you. You can also transfer or postpone the depatures dates you have chosen for second person or future use.

Typical Day

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The

lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you want in the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/guesthouse/teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well. You will maximum 7-8 hours in your **Gosainkunda Lake Trek**.

Why with Haven Holidays?

- Free Booking and Free Cancelation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Better understanding of local flora and faunas of Shivapuri National Park and Langtang National Park
- Cost Friendly
- Wider Networks
- Expert in risk management
- Local Expert Guides

Departure

After a farewell dinner with our team and the important feedback session, we will comfortably drop you off at the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up on your international flight and another trip you want. We wish you a very wonderful time ahead.