



Gosaikunda Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION**12 Days****MAX ALTITUDE****5145m****BEST TIME****Mar- May & Sep-Nov****ACCOMMODATION****Hotel**

THE OVERVIEW

The Trek to Gosaikunda is a popular trek in Nepal as well as a famed pilgrimage destination in the Himalayan Kingdom of Nepal. Gosaikunda is a sacred and famous lake renowned among both Hindu and Buddhist people. Located in the Rasuwa district of Nepal, north of the Kathmandu valley at a top altitude of 4380 meters, the Gosaikunda Trek offers spectacular views of magnificent Himalaya scenery including the Ganesh Himal range, Tibetan Himalaya range, Annapurna Range, Machhapuchhre, Dorje Lakpa peak, Surya peak, Choba Bhamare peak, Gauri Shankar and other various beautiful peaks. The trail also travels through breathtaking rhododendron forests,...

01

Arrival at Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu, where you will be warmly welcomed by our representative. Transfer to your hotel and relax after your journey. In the evening, a short briefing about the trek will be provided.

ALT: 1,450m MEAL: Dinner

02

Drive from Kathmandu to Dunche

After breakfast, drive from Kathmandu to Dunche through scenic mountain roads, terraced farmlands, and small villages. The journey offers beautiful views of hills and rivers before reaching Dunche, the gateway to Langtang National Park.

ALT: 1,960m MEAL: B, L, D

03

Dunche to Shing Gomba

Begin your trek through dense forests of oak, pine, and rhododendron. The trail gradually ascends with occasional views of Langtang Himal and Ganesh Himal. Reach Shing Gomba, home to a famous cheese factory and monastery.

ALT: 3,030m HIKE: 5–6 hours MEAL: B, L, D

04

Shing Gomba to Gosaikunda

Today's trek takes you through alpine terrain with breathtaking mountain views. As you ascend higher, you will reach the sacred Gosaikunda Lake, revered by both Hindus and Buddhists. The spiritual atmosphere makes this day truly special.

ALT: 4,380m HIKE: 5–6 hours MEAL: B, L, D

05

Gosaikunda to Surya Peak

Early in the morning, hike to Surya Peak, the highest point of the trek, offering panoramic views of Ganesh Himal, Langtang, and Tibetan peaks. After enjoying the views, descend back to Gosaikunda for an overnight stay.

ALT: 5,145m HIKE: 5–6 hours MEAL: B, L, D

06

Gosaikunda to Phedi

Descend from the sacred lake, crossing rocky trails and high passes surrounded by dramatic mountain scenery. The trail gradually leads down to Phedi, offering relief after the high-altitude days.

ALT: 3,730m HIKE: 5–6 hours MEAL: B, L, D

07

Phedi to Thadepati

Continue trekking along ridges and forested trails with stunning views of rolling hills and distant peaks. Thadepati is a popular viewpoint and resting place, known for its peaceful surroundings.

ALT: 3,690m HIKE: 5–6 hours MEAL: B, L, D

08

Thadepati to Kutumsang

The trail descends through rhododendron forests and traditional villages. Enjoy warmer temperatures and greener landscapes as you head toward Kutumsang, experiencing rural Nepalese life along the way.

ALT: 2,417m HIKE: 5–6 hours MEAL: B, L, D

09**Kutumsang to Chisapani**

Trek through forested trails and small settlements toward Chisapani. This area offers excellent views of the Langtang range and, on clear days, distant Himalayan peaks.

ALT: 2,165m HIKE: 5–6 hours MEAL: B, L, D

10**Chisapani to Sundarijal Trek / Drive to Kathmandu**

Descend through Shivapuri National Park, passing waterfalls and lush forest paths. Reach Sundarijal and drive back to Kathmandu, marking the end of your trekking journey.

ALT: 1,400m HIKE: 3–4 hours MEAL: B, L

11**Kathmandu Sightseeing Tour**

Enjoy a guided sightseeing tour of UNESCO World Heritage Sites in Kathmandu, including temples, stupas, and historical monuments. This day provides insight into Nepal's rich culture, history, and architecture.

ALT: 1,400m HIKE: 3–4 hours MEAL: Breakfast

12**Departure – International Airport**

After breakfast, transfer to Tribhuvan International Airport for your onward journey. Depart Nepal with unforgettable memories of the sacred Gosaikunda Trek and Himalayan landscapes.

ALT: 1,440m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport Arrival – Departures. Transfers
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing)
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day
- Porters to carry your personal Luggage (2 trekkers equal 1 porter)
- Guide and Porter insurance fee
- Langtang Conservation Park Entry Fee
- Kathmandu Sightseeing Tour
- Duffle Bag
- First Aid Kit
- Filter Drinking Water

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge)
- Lunch and dinner in Kathmandu
- Tips for Guide, Porter, and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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