

Langtang Gosaikunda & Tserko Ri Trek



Trip Highlights

- Scenic drive Kathmandu / Syabrubeshi via mountain terrain
- Langtang village aptly called 'the valley of glaciers'
- Kyanjin Gompā, an old Buddhist shrine
- Climbing Tserko Ri
- Have a panoramic view of Mt. Langtang-Ri, Langsisa, Langtang Himal, Ganjala peak
- Walking through rhododendron forests
- Visit holy lake Gosaikunda (4200m)
- Slow-moving rivers and swift mountain streams
- Rugged rocks and grassy meadows



Trip Duration: 16 Days
Grade: Moderate
Summary: 13 Days trek, 12-nights lodge, 3 nights hotel in Kathmandu

Welcome to Peregrine

Thank you for your interest in our Langtang Gosaikunda Trek. At Peregrine, we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or rafting with Peregrine Treks can make it happen for you. We hope you will join us for a life changing experience!!

Why travel with Peregrine?

When planning travel to a remote and challenging destination, many factors need to be considered. Peregrine Treks and Tours have been pioneering treks in Nepal since 2002. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalaya and leisure tour experience in the city area. Every tour and trek is accompanied by an experienced local leader who is highly trained in remote first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 3-star hotel in Kathmandu and well maintained, good quality trekking equipment on trek. For your convenience and health we supply all meals on trek, whilst maintaining the highest standards of hygiene, we will use good teahouses for your meals with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

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Thamel, Kathmandu, Nepal
Phone: +977 98510 52413 (Nepal)
+1 315 933 3212 (United States)
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Langtang Gosaikunda & Tserko Ri Trek

Tamang culture, Red Panda, Kyanjing Ri or Tsergo Ri ,
Gosaikunda Lake and Laurebena Pass are the major attraction
Langtang Gosaikunda Helambu Trek.



Trip Cost

Starts from USD 1200

This price is based on minimum 2 people.

For 1 Pax: USD 1450

For 2-3 Pax: USD 1200

4 or more Pax: USD 1100

Options and Supplements

Hotel single supplement: US\$ 100

Lodge single supplement: US\$ 100

Single Supplement: US\$ 200

Note: We can't give the guarantee for the single supplement in the lodge. This is totally based on the availability)

On our Fixed Departure date Peregrine Treks does not require single travelers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

The Trip

If you are looking for a trek in Nepal that will fulfill your natural and cultural desires, then the Langtang Gosaikunda Trekking is it! Stunning views of the Langtang Lirung, Langtang Glacier, Tsergo Ri, and the Yala are all in play. Furthermore, aspects of the Annapurna Range, Ganesh Himal, and the Manaslu will accompany you during every step of the Langtang Gosaikunda Trekking.

Touching some of the same routes as the Langtang Gosaikunda Helambu Trek or the Langtang Gosaikunda Trek. The Langtang Gosaikunda Trek brings you to different places and trails in the Langtang region. Trekking in Langtang is amazing and filled with natural beauty and splendor. One can't simply have enough of just one trip, and the area has so much to offer! Being home to mostly Tamang people, these Nepalese have a Tibetan origin. Known far and wide for their hospitality, making the Langtang region an even more favorable trekking region.

Big rhododendron forests, cold streams, green hills, and wide valleys come along during this trek. One of the main goals of the Langtang Gosaikunda Trek is the holy lake of Gosaikunda, this lake important to both the Hindu and Buddhist religions is said to relieve pain. Its origin, according to legend came to be as the Hindu God Lord Shiva's Trishul stuck a rock and water came flowing out forming the holy lake.

Langtang Gosaikunda Trekking Route

Starting the Langtang Gosaikunda Trekking with a scenic drive towards Syabrubhesi located in the Rasuwa district of Nepal. From here, the trekking trail starts, and we head up through lush green forests. Filled with wildlife and beautiful botany along the Langtang River. Deep in the jungle, we find a hidden forest camp where travelers can rest and enjoy the surrounding nature. Heading further into the trek, we reach the Lama Hotel. From here we can visit the legendary Kyanjin Gomba, an old Buddhist monastery also known from the Kyanjin Gomba Trek.

Seeing the traditional Buddhist rituals and prayers gives one soul peace and relaxation. In combination with the surrounding Nepali Highlands, it brings a serene atmosphere. Also inbound on this trek is the well-known Gosaikunda Pass a treacherous part on the trek where we will need to watch every step. The Peregrine Treks staff is well experienced and will make sure that this pass will be smooth and enjoyable. After crossing the Pass, we head further, covering many uphill and downhill trails. Afterward, we reach Sundarjal from where we head back to Kathmandu.

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Want a private trip

Book this trip as a private departure just for you and your group on your chosen date. Contact us for conditions, costs and availability

Accommodation

You will stay in Samsara Resort or Hotel Arts Kathmandu during your trek. A solo traveler needs to share the room with same-gender another traveler. If you need a single supplement, you will have to pay an additional cost of about USD 250. During the trek, most of your accommodations contain attached bathrooms, while some of the teahouses may not have and you may have to share the washing and toilet facilities in that case. Kathmandu and the trekking regions in lower elevation will have single room facilities, but it will be hard to find them at higher elevations.

Meals

You will enjoy typical Nepalese food and international cuisine (Tibetan, Continental, India, etc.) as well during your trek. Be sure that the lodges or teahouses will provide breakfast, lunch, and dinner as per their available menu. You may not be served breakfast somewhere during your trek. You may get opportunities for welcome and farewell dinners for guests.

Trip dates

Please follow website (<https://peregrinetreks.com/langtang-gosaikunda-trekking/>)

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Enjoy the beauty of Nepal and participate in the Langtang Gosaikunda Trek in Nepal. For any other treks or tours in the Langtang region don't hesitate and contact our Peregrine Treks & Expedition staff that will advise you on the best options available!

At a glance

Day 01 Arrival at Kathmandu Tribhuvan International (1300m/4264ft)
Day 02 Bus Drive to Syaprubeshi (1550 m/5100 ft) 7/8 hrs
Day 03 Syaprubeshi to Lama Hotel (2380 m/7830 ft) 5/6 hrs
Day 04 Lama Hotel to Munelu (3543 m) via Langtang Village 6/7 hrs
Day 05 Munelu to Kyanging Gumpa (3870 m/ 12697 ft) 4/5 hrs
Day 06 Kyanjin Gumpa to Tsergo Ri (5000 m/ 16404) 6/7 hrs
Day 07 Trek down to Lama Hotel from Kyanjin Gumpa, 6/7 hrs
Day 08 Lama Hotel to Thulo Syapru, 6/7 hrs
Day 09 Thulo Syapru to Lauribina, 3/4 hrs
Day 10 Lauribinayak to Gosainkunda (4460 m/14632 ft) 2 hrs
Day 11 Gosainkunda to Gosainkunda Pass (4610 m) to Tharepati 7/8 hrs
Day 12 Tharepati to Kutungsang 5/6hrs
Day 13 Kutungsang to Chisapani, 6/7 hrs
Day 14 Chisapani to Sundarikal 3 hrs and 1 hrs drive Kathmandu
Day 15 Sightseeing in Kathmandu valley
Day 16 Transfer to airport for departure

What is included?

- ✓ Airport pickups and drops in a private vehicle
- ✓ A three-star hotel in Kathmandu with breakfast
- ✓ Room in the best available lodge and all meal (Breakfast, Lunch, and Dinner) during trekking
- ✓ Tourist Bus to and from Kathmandu
- ✓ Kathmandu Valley guided city tour in private vehicle
- ✓ All entrance fees during sightseeing and trekking
- ✓ An experienced English or other Language speaking guide and one assistance guide for more than five trekkers
- ✓ One porter for two trekkers
- ✓ Guide, porter and necessary staff salaries, insurance, accommodation and food
- ✓ Down jacket and sleeping bag (to be returned after trip completion)
- ✓ Trekking bag/duffel bag, t-shirt, achievement certificate, and trekking map are free services from the company.
- ✓ All necessary Permit and TIMS
- ✓ First Aid Medical Kit or essential medicine
- ✓ Seasonal fruits during the trek
- ✓ Farewell dinner
- ✓ All applicable government and local taxes

What is not included?

- χ Nepalese visa fee and international airfares
- χ Hotel accommodation, Lunch and Dinner in Kathmandu because of an early arrival in Nepal or late departure from Nepal, prior return from the mountain because of any reason than the scheduled itinerary.
- χ Travel and rescue insurance for trekkers only



Fast facts

Destination:	Nepal
Duration:	16 Days
Group Size:	Minimum 1 pax
Arrival on:	Kathmandu
Departure:	Kathmandu
Max Altitude:	4984 meters
Difficulty:	Moderate
Visas:	No (you can get visa upon arrival in Kathmandu)
Vaccinations:	Please consult a travel vaccination specialist for up to date information
Private Groups:	Private group options are available for this trip
Singles:	A single supplement is available for this trip
Leader:	Expert local leader

Thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimize the impact of our presence, protect what is precious and where we can leave a positive impact.

Trip grading

Introductory to Moderate

These adventures involve trekking for up to 6 or 7 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 4984m and are usually between 09 and 15 days in duration. You will need a good level of fitness and be in good health.

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- χ Personal expenses (phone calls, laundry, soft or hard beverages, recharge the battery, bottled/boiled water, extra porters, hot shower, a pot of tea, etc.) during trekking
- χ Tips and gratuities for guide(s), porter(s) and driver(s)

Detailed Itinerary

Day 01: Arrival in Kathmandu

A representative from Peregrine Tour Nepal will be there to greet and welcome you as soon as you land in Tribhuvan International Airport (TIA). The day you check in, a pre-arranged meeting will be hosted in the hotel itself to brief you about the tour and the arrangements for the kits you require will be made. We will be introducing you to our team members who will guide you throughout the trek. Drinks and Snacks will be arranged for and you will be introduced to the remaining trek members. A much needed time to communicate with each other and get to know your fellow companions. You'll have to submit your documents and complete the remaining formalities on this very day so no further inconveniences occur.

Meals: Not Included

Detailed Itinerary

Day 01 Arrival at Kathmandu Tribhuvan International (1300m/4264ft)

- Arrival at the airport and transfer to your hotel by our representative
- Hotel rest / explore the streets of Thamel
- Trek preparation
- Overnight stay at your hotel in Kathmandu

Meals: Not Included

Day 02 Bus Drive to Syaprubeshi (1550 m/5100 ft) 7/8 hrs

- Hotel breakfast and checkout
- A scenic drive through the Nepalese highlands until reaching Syaprubeshi
- The road takes us to the rural Rasuwa District of Nepal and passed Nuwakot
- Overnight stay in Sybrubeshi village

Meals: Breakfast, Lunch and Dinner

Day 03 Syaprubeshi to Lama Hotel (2380 m/7830 ft) 5/6 hrs

- Breakfast and departure
- Our first trek goes to the Lama Hotel
- The trail leads us passed Tamang villages and into the forest
- After a few hours, we can see the Lama hotel located in the bamboo and rhododendron forest
- Overnight stay at the Lama Hotel

Meals: Breakfast, Lunch and Dinner



Suggested preparation

45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Hill walking with a pack in variable weather conditions or road cycling is also recommended depending upon the activity you plan to undertake.

Adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your guide or tour leader.

Customize this trip

Just tell us about your preferences, interests and the amount of time available to you and we will take care of the rest. We will help design a tour and work out a comfortable itinerary that best suits your needs.

Extending Your Trip

- ✚ Pokhara Tour (2 Night 3 Days)
- ✚ Chitwan Jungle Safari (2 Night 3 days)
- ✚ Yoga retreat in Kathmandu

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Day 04 Lama Hotel to Munelu (3543 m/11621 ft) via Langtang Village 6/7 hrs

- Early breakfast and departure
- Starting with a forest trail, the path goes slightly uphill
- After exiting the forest, open land gives way to incredible views
- After passing the Langtang village that was struck by the 2015 landslide, we head to Mundu
- Overnight stay at Mundu village

Meals: Breakfast, Lunch and Dinner

Day 05 Munelu to Kyanging Gumpa (3870 m/ 12697 ft) 4/5 hrs

- Breakfast and departure
- Start the trek for about 2 hours upwards towards Kyanjin
- Enjoy the views from the Kyanjin Gumpa
- Evening Buddhist prayer ceremony
- Overnight stay in Kyanjin

Meals: Breakfast, Lunch and Dinner

Day 06 Kyanjin Gumpa to Tsergo Ri (5000 m/ 16404) 6/7 hrs

- Breakfast and departure
- Fantastic 5 hours hike brings us up to Tsergo Ri
- Relax and enjoy the views from up here
- Heading back down to the Kyanjin Gumpa
- Overnight stay at Kyanjin

Meals: Breakfast, Lunch and Dinner

Day 07 Trek down to Lama Hotel from Kyanjin Gumpa, 6/7 hrs

- Early breakfast and departure
- Following the same trail back as day 4 and 5
- Entering the forest and hike down until reaching the Lama Hotel
- Overnight stay at the Lama Hotel

Meals: Breakfast, Lunch and Dinner

Day 08 Lama Hotel to Thulo Syapru, 6/7 hrs

- Breakfast and departure
- Uphill trek to Thulo Syapru
- Passing the various villages and entering the old trade route to Gosaikunda
- Overnight stay at Thulo Syapru village

Meals: Breakfast, Lunch and Dinner

Day 09 Thulo Syapru to Lauribina, 3/4 hrs

- Early breakfast and departure
- Strenuous upwards trek to Lauribinayak
- Enjoy the majestic views from the highest point of the trek
- Overnight stay at Lauribinayak

Meals: Breakfast, Lunch and Dinner



Equipment and Packing List

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Peregrine Treks inclusive in the service. The weight limit for your luggage is 33 pounds or 15 kg. Remember that your porter will carry your luggage but you are required to carry a day pack (with your valuables or anything important) on your own. We also suggest that you pack only what is necessary.

Important documents and items

- Valid passport (at least 3 month validity), 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

Head

- Bandana or head scarf, also useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight

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Day 10 Lauribinayak to Gosainkunda (4460 m/14632 ft) 2 hrs

- Breakfast and departure
- We start today's trek with a steep climb up to Chorten
- After passing Chorten, we begin to head downwards until reaching the holy Gosainkunda Lake
- Explore around the cold, turquoise-colored lake
- Overnight at Gosainkunda

Meals: Breakfast, Lunch and Dinner

Day 11 Gosainkunda to Gosainkunda Pass (4610 m) to Tharepati (3640 m) 7/8 hrs

- Breakfast and departure
- Heading to the northern side of the lake
- Enjoy the views we pass three other lakes
- After a steep climb, we reach the Gosainkunda Pass from where we can see amazing views
- Now the trail leads us down to Phedi
- Upwards and downwards hike to Ghopte
- Ascending further up until reaching Tharepati
- Overnight stay at Tharepati

Meals: Breakfast, Lunch and Dinner

Day 12 Tharepati to Kutungsang 5/6hrs

- Breakfast and departure
- Descending through beautiful rhododendron and fir forests
- The forest trail leads us directly to Kutungsang
- Overnight stay in Kutungsang

Traveler's note: this part of the trek leads us through the Langtang conservation area and is filled with rare wildlife and flora!

Meals: Breakfast, Lunch and Dinner

Day 13 Kutungsang to Chisapani, 6/7 hrs

- Breakfast and departure
- Descending to the village of Gul Bhanjyang
- Ascending upwards to Thodang Bettini
- Heading again down to Pati Bhanjyang where we can explore Chhetri and Brahman villages
- Following the path until reaching Chisapani
- Overnight stay at Chisapani village

Meals: Breakfast, Lunch and Dinner

Day 14 Chisapani to Sundarikal 3 hrs and 1 hrs drive Kathmandu

- Breakfast and departure
- We trek for the last time for about 3 hours through forest trails and passing a Tamang Village
- After reaching Sundarikal, we can catch a local bus that will bring us back to Kathmandu
- Transfer from the bus park to your hotel

Meals: Breakfast, Lunch and Dinner



thermal tops

- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket *
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves
- 1 pair of lightweight wool or fleece gloves
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs
- 1 pair of Hiking shorts
- 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, "broken in")
- 1 pair of trainers or running shoes and/or sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (good to -20 degrees C or 28 degrees F)*
- Fleece sleeping bag liner (optional)

Day 15 Sightseeing in Kathmandu valley

- Hotel breakfast and pick up by our driver for sightseeing
- Sightseeing a full day at:
 - The Famous Hindu Temple Pashupatinath
 - The amazing Buddhist Stupa Boudhanath
 - The Monkey Temple Swayambunath
 - The Royal Durbar Square in Kathmandu

A special thank you and farewell dinner in a traditional Nepali Restaurant
Overnight stay in Kathmandu city

Meals: Breakfast and Dinner

Day 16 Transfer to airport

- Hotel breakfast and check out
- Transfer to the international airport about 3 hours before your departure time

Meals: Breakfast

How to book

To book a Peregrine Treks' trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 20% non refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges related to submitting a deposit are the responsibility of the client.

More Information

Best time to go to Langtang Gosaikunda Trek

Although Langtang Gosaikunda Trek is done all year round, March to May and September to November are considered the best seasons for the expedition due to the warm climate and favorable weather.

However, in the past, every expedition and every season has provided a unique experience. Winters can be promising as we see the areas covered by a thin layer of snow, and there are much fewer expeditions sharing the trail.

Accommodation during the Langtang Gosaikunda Trek

There are several well-accommodated lodges and tea houses while on the Langtang Gosaikunda Trek. We would recommend you to have a mixture of luxury lodges and local tea houses to stay for nights while on the trek.

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Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag *
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter and 1 matches
- digital camera with extra cards and batteries
- 2 water bottles (1 liter each)
- 1 small folding knife (Swiss Knife is better)
- 4 large, waterproof, disposable rubbish sacks

Toiletries

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)

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Trekking Group

Generally, for the Langtang Gosaikunda Trek 10 trekkers is considered the best number according to our findings. There is one leader, assistant guide (6 trekkers = 1 assistant guide), and Sherpa porters/carriers (2 trekkers = one porter) to make this trip successful even if some uncertainties occur. However, upon client requests, we can also arrange a trek for more than ten people or a private trek too.

Food and Dietary Restriction

During Langtang Gosaikunda Trek, we provide three times meals (Breakfast, Lunch, and dinner) with tea and coffee. Many lodges at the expedition cook a variety of vegetarian cuisines like Italian, Continental, and Indian, etc. The foods contain a lot of garlic for acclimatization purposes. We would discourage you from drinking beer or whiskey or meat items as they increase the chances of getting sick while trailing the heights. The dinners and breakfast will be served in the lodge we stay for the night. The lunch will be made on the way to the destination. We will have a farewell dinner and breakfast in Kathmandu. Please let us know beforehand if you have any dietary plans.

Water

We suggest you buy water purifying tablets along the way and carry a bottle of a couple of liters. Purchase water bottles would only encourage pollution in the region. You can use water taste enhancers to cover up the unpleasant taste of the tablets.

Altitude Acclimatization

Trailing up, then the height of 2500 m can increase the risk of Acute Mountain Sickness (AMS). Altitude Acclimatization is the key to avoid acute mountain sickness. Make a slow climb to help your body acclimatize. Drink plenty of liquid-like garlic soup that helps the body with the process. There are drugs like acetazolamide (also called Diamox) that help the body maintain the amount of oxygen. However, our trips itineraries are designed, keeping in mind the time for acclimatization for a human body.

Trip Safety

Your safety is always our priority. Our trips are well planned to take every precaution in mind. The team will be well equipped with cell phones, emergency satellite phones, extensive medical kits, and other necessary apparatus. You will always be in connection with our Kathmandu office. Our team makes sure you are safe throughout the trip. Pre-trip administration such as compulsory medical questionnaires and travel insurance is all done keeping your safety in mind.

Preparing for the Challenge

Terrain

The terrain in the Langtang Region varies as we move along the route. During Langtang Gosaikunda Trek, we pass through valleys, forests, mountains, and steep paths. Trekkers must be healthy to be on this trek. This trek takes us to 4984m of altitude and some; people might have symptoms of altitude sickness despite precautions. The accurate distance



- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash
- Sanitary Pad (for menstruation period)

Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

What you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rain jacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

Equipment provided

You will be provided with the use of a Peregrine trek pack which includes a duffle bag, quality sleeping bag and down or fibers fill jacket, trekking map and T-shirt. Further, our porters are provided with clothing and boots suitable for the conditions.

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cannot be measured due to the lack of accurate maps. However, we would be delighted to talk to you through the trip if you have any worries about your fitness at any age.

Weather

Nepal has cold winters, hot and wet summers, pleasant autumns, and moist winters. The best time for the Langtang Gosaikunda Trek would be sprung. However, every season has a unique specialty and delighters.

Fitness Level

Langtang Gosaikunda Trek requires a reasonable level of fitness maintained. One must be used for some exercise. However, your gears and sleeping bags will be carried by porters and animals. So your daily pack will be light, and just, the altitude trail can seem a significant issue. We walk daily, and with days, you must feel fit and healthy and push your limits. We expect our fellow participants to get used to exercise and train hard before the Langtang Gosaikunda Trek. However, we design our treks equal to every gender or age. We believe that trekking is not a race and a collective trail. So there is equal participation of all the trekkers.

Vaccinations

We recommend vaccinations for diseases like Malaria, Small Pox, Typhoid, Titanus, Meningitis, Rabies, Hepatitis and, Polio to be on the safer side. That may be the best precaution to be taken before the Langtang Gosaikunda Trek. Please consult your doctors and carry your health certificates if they are required in any case.

Travel Insurance

Before commencing any of the Peregrine Treks, we make sure our participants have enough insurance covering any misfortunes that may occur while the trip. You are welcome to source your insurance and provide this proof 15 days before the trip.

Passport and Visa

All nationalities except Indians require a visa. A visa can be easily acquired through different embassies or Tribhuvan International Airport (TIA) upon arrival. To obtain a visa at the airport, you'll have to wait in a queue, but this is the easiest way to get one. You'll be required to submit a passport size photo along with fees in US dollars or equivalent convertible currency. Please note that the costs and regulations for visa change frequently, so please be updated with the contemporary rules with your nearest Nepalese embassy or consulate.

Environmental Care and Sustainable Tourism

Tourism Industry depends upon the conservation of fragile nature. And we want our future generations to enjoy the beautiful Himalayas just as we do with our clients. With increasing trekkers, increases our responsibility towards the environment. We make sure our customers enjoy every bit of the trip with no harm to nature. We evade the damage by carefully designing our itineraries, educating guides, and having an active environmental policy that is persistently reviewed. Our team is ensured to follow the environmental policy and also encourage the trekkers to help preserve the precious Himalayan eco-system.



Vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided,

Private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travelers. Working closely with our Groups Department we can organize custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

Transport

We in Peregrine Treks and Tours chose low emission vehicles that are fuel-efficient and environment-friendly. We use local cars whenever possible, to decrease per person emission and also support the local economy.

Social networking

FACEBOOK: Like our page at <https://www.facebook.com/peregrinetreks/>

INSTAGRAM: @peregrine_treks

Follow us at https://www.instagram.com/peregrine_treks/

Twitter: https://twitter.com/peregrine_treks

Trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime. We ask that you check your trip availability with our team at your earliest convenience.

How to book

To book a Peregrine Treks' trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 20% non refundable deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges related to submitting a deposit are the responsibility of the client.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 933 3212 (United States)

Email: info@peregrinetreks.com

Website: <https://peregrinetreks.com>

