

Helambu Education and Livelihood Project



Gosainkunda "Janai Purnima" Festival



Trekking in Nepal

Teach and Trek Program // Fundraising Treks



Gosainkunda "Janai Purnima" Festival Trek

Length: 7 days

Cost: GBP per person




The Gosaikunda Lake is located in an altitude of about 4310m. It is a very popular pilgrimage site for both the Hindus and Buddhists.


Legend reads that Shiva created this high altitude lake when he pierced a glacier with his trident to obtain water to quench his thirst after consuming poison. People believe that once in a lifetime have to go to this lake for inner salvation. Taking a holy bath allow you to clean all your negative thinking and activities.

Every year in August, thousands of pilgrims visit and take holy bath during the full moon festival called Janai Purnima. In the occasion, Shamans ("Dhami Jhankris") come from all over Nepal and India to the lake and have religious dancing and singing ceremony.

Janai Purnima is one of the very magnanimous festivals of Nepal. You will be able to participate to that festival and have a great and impressive inside view of the Nepali culture. For this wonderful mighty holy lake and unforgettable festival, you should be trek for 7 days.

Gosainkunda "Janai Purnima" Festival Trek

Day	From / To	Details
Day 1	Chisopani -> Kutumsang	<p>Trek begins in Chisopani. You will have some good views of Helambu valley until Kutumsang. Both of these villages are on hill top and offered nice mountain sceneries.</p> 
Day 2	Kutumsang -> Thadepati	<p>Second day brings you to Thadepati. After going up more than 1000m higher you enter Langtang National Park. Here you'll take a moment to climb the hill (3690m) for views of Dorje Lakpa, Shisha Pangama (8013m) and peaks all the way to Khumbu.</p> 
Day 3	Thadepati -> Phedi	<p>From Thadepati you will continue to go up and getting closer to Gosainkunda Basin. Through Ghopte (3440m) and summer pastures until Phedi (3740m).</p>
Day 4	Phedi - Gosainkunda	<p>This is our final destination day to Gosainkunda. On the way you will see some lakes. There are about a dozen lakes in the Gosainkunda Basin. You will have to climb towards the pass of Laurebina La (4610m) before arriving to Gosainkunda Lake.</p> 

Day 5	Gosainkunda -> Chandanbari	<p>Celebration of Gosainkunda Festival. Full day join to celebrate the Jainai Purnima. Dancing, singing, walking around, shower on the cold Lake to wash your body for any sin.</p> 
Day 6	Chandanbari -> Dunche	Last day walking. You will reach Dunche.
Day 7	Dunche -> Kathmandu	From Dunche you will take a bus directly to Kathmandu through an interesting mountain road for 6 or 7 hours.
<p>* Note: all times are approximate and are determined by weather conditions and the individuals involved</p>		

What does the cost includes?

- English Speaking Licensed Guide
- Assistant Guide if required
- Porters as required
- Standard Meal and Lodging throughout the trek
- Domestic Flights if and as required
- Airport Transfer and Pick Up if and as required.
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- Trekking Permits including TIMS
- 10 % of the contribution to Charity Programme to HELP.

What does the cost excludes?

- International Flights
- Visa costs
- Insurance costs
- Hotel and food in Kathmandu
- Tips to Guide and Porter (Highly Recommended)
- All drinks and alcohol.
- Any extra expenses other than mentioned above.