

Langtang Gosainkunda Trek: A Journey from Valleys to Sacred Lakes

Overview:

The Langtang Gosainkunda Trek is a spectacular Himalayan journey that combines breathtaking natural landscapes, rich cultural heritage, and spiritual experiences. Located just north of Kathmandu, the trek begins in the pristine Langtang Valley, passing through traditional Tamang and Sherpa villages, dense forests, and terraced farmlands, before ascending into high alpine landscapes that lead to the sacred lakes of Gosainkunda, revered in both Hindu and Buddhist traditions.

Following the Langtang River, we traverse villages such as Lama Hotel, Thulo Syabru, and Kyanjin Gumpa, where monasteries, prayer flags, and the warm hospitality of local communities create an authentic cultural experience. For those seeking panoramic Himalayan views, we can also summit Kyanjin Ri or Tsergo Ri, offering stunning vistas of Langtang Lirung, Ganesh Himal, and surrounding peaks.

A major highlight of the trek is Gosainkunda Lake (4,380 m), set amidst snow-capped mountains and serene alpine meadows. The trail features rhododendron forests, glacial streams, and high ridges, making the journey as rewarding spiritually as it is scenically.

This trek perfectly blends adventure, cultural immersion, and spiritual reflection, offering an unforgettable experience in Nepal's Langtang region.

Quick facts:

Destinations: Syabru Besi / Langtang / Gosainkunda / Chisapani

Duration: 17 Days

Trek starting point: Syabru Besi

Trek ending point: Sundarimal

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,773 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

Day 1: Arrive at Kathmandu / Meet and Greet

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel

Day 2: Kathmandu Sightseeing and preparation for trekking

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

Day 3: Drive from Kathmandu to Syabrubesi (1,460 m): 120 – 130 km | 6 – 7 hours

After breakfast in Kathmandu (1,400 m / 4,593 ft), we begin our journey by private vehicle towards Syabrubesi (1,460 m / 4,790 ft), the gateway to the Langtang region. Leaving the bustling capital behind, the drive initially follows a smooth highway through scenic countryside, terraced fields, and small settlements.

As we progress, the road gradually becomes more winding and narrow, offering beautiful views of rivers, hills, and traditional villages along the way. We pass through towns such as Trishuli and Dhunche, with glimpses of distant Himalayan foothills enhancing the journey. The road conditions vary between paved and rough mountain sections, adding a sense of adventure to the drive.

After approximately 6 – 7 hours of driving (around 120 – 130 km depending on route conditions), we arrive at Syabrubesi (1,460 m / 4,790 ft), a small riverside town nestled at the confluence of the Bote Koshi and Langtang rivers. Surrounded by green hills and mountain scenery, Syabrubesi serves as the starting point for treks into the Langtang Valley. Overnight stay at a local lodge.

📍 Day 4: Trek from Syabrubesi to Lama Hotel (2,480 m) : Walking Distance: 11 – 12 km | 5 – 6 hours

Leaving Syabrubesi (1,460 m / 4,790 ft) behind, we begin our trek into the Langtang region following the trail along the Bhoté Koshi River. The route initially descends slightly before crossing suspension bridges and gradually climbing through subtropical forests of bamboo, oak, and rhododendron.

As we move deeper into the valley, the trail continues along the river, passing small settlements and occasional teahouses. The sound of rushing water and the dense forest setting create a peaceful trekking atmosphere. Along the way, we may encounter wildlife such as langur monkeys and a variety of bird species.

After several hours of steady trekking, the trail begins a more consistent ascent as we enter thicker forested terrain. The valley narrows, and the landscape becomes more shaded and alpine in character. We finally reach Lama Hotel (2,480 m / 8,136 ft), a small settlement surrounded by forest on the banks of the Langtang River. The trek covers approximately 11 – 12 km (6.8–7.5 miles) and takes around 5 – 6 hours depending on pace and trail conditions. Overnight at a teahouse in Lama Hotel.

📍 Day 5: Trek from Lama Hotel to Langtang Village (3,430 m): Walking distance : 14 – 15 km | 6 – 7 hours

Departing from Lama Hotel (2,480 m / 8,136 ft), we begin our trek deeper into the Langtang Valley, following the trail that steadily ascends alongside the Langtang Khola. The route initially winds through dense forests of rhododendron, oak, and bamboo, with the river running close by and occasional clearings revealing glimpses of the surrounding hills.

As we continue, the forest gradually thins with increasing altitude, and the valley begins to open up. We pass through settlements such as Ghodabela (3,030 m / 9,940 ft), where the landscape transitions into alpine meadows and expansive mountain scenery. Snow-capped peaks start to dominate the skyline, marking our entry into a more high-altitude environment.

Further along, the trail continues its steady ascent through open yak pastures and glacial terrain before reaching Langtang Village (3,430 m / 11,253 ft). This rebuilt Tamang settlement sits in a dramatic mountain setting surrounded by rugged Himalayan peaks.

The trek covers approximately 14–15 km (8.7–9.3 miles) and takes around 6–7 hours, depending on pace and conditions. Overnight at a teahouse in Langtang Village.

📍 Day 6: Trek from Langtang to Kyanjing Gompa (3,798 m): Walking distance: 6 – 7 km | 3 – 4 hours

Continuing from Langtang Village (3,430 m / 11,253 ft), we set out on a gradual ascent deeper into the upper Langtang Valley towards Kyanjin Gompa. The trail follows a wide glacial valley, passing through open alpine terrain with scattered yak pastures and traditional stone settlements. The surrounding scenery becomes increasingly dramatic, with snow-capped peaks rising sharply on both sides of the valley.

As we progress, we pass through small seasonal settlements such as Mundu and Sindum, where the landscape reflects the high-altitude lifestyle of the local Tamang communities. The valley widens further, offering spectacular views of peaks including Langtang Lirung, which dominates the skyline throughout the day's journey.

The trail continues with a steady, gentle climb along the glacial river, with occasional suspension bridges and mani walls marking the cultural significance of the region. After several hours of trekking, we reach Kyanjin Gompa (3,798 m), a beautiful settlement surrounded by towering Himalayan peaks and glaciers.

The trek covers approximately 6 – 7 km (3.7 – 4.3 miles) and takes around 3 – 4 hours, depending on pace and acclimatization. Overnight at a teahouse in Kyanjin Gompa.

📍 Day 7: Hike to Tsergo Ri (5,033 m) / Kyanjin Ri (4,773 m) and return back to Kyanjin Gompa:

After breakfast at Kyanjin Gompa, we begin the ascent towards either Kyanjin Ri (4,773 m / 15,659 ft) or Tsergo Ri (5,033 m / 16,512 ft), two of the most impressive viewpoints in the Langtang Valley. The trail climbs steadily above the village, quickly gaining elevation as it passes through yak pastures, rocky ridges, and open alpine terrain.

The hike to Kyanjin Ri takes approximately 3 – 4 hours round trip and covers around 6 – 7 km (3.7 – 4.3 miles). From the summit, we are rewarded with sweeping views of Langtang Lirung, Langshisha Ri, Yala Peak, and surrounding glaciers, offering a wide panorama of the valley.

The more demanding route to Tsergo Ri takes approximately 6 – 7 hours round trip and covers around 8 – 10 km (5 – 6.2 miles). The trail is steep and continuous, crossing rocky and exposed terrain before reaching the summit, where a breathtaking 360-degree view opens up across the entire Langtang Himalayan range and deep glacial valleys.

After spending time at the viewpoint, we descend carefully back to Kyanjin Gompa for an overnight stay. Overnight stay at a teahouse.

📍 Day 8: Trek from Kyanjin Gumpa to Lama Hotel (2,500 m): Walking distance: 17 – 19 km | 6 – 7 hours

Leaving Kyanjin Gumpa in the morning, we begin our long descent back towards Lama Hotel (2,500 m / 8,202 ft), retracing the scenic trail through the Langtang Valley. The route follows the Langtang Khola, passing through open alpine landscapes, yak pastures, glacial streams, and the reconstructed section of Langtang Village, before continuing into dense rhododendron and oak forests.

The trek takes approximately 6 – 7 hours and covers around 17 – 19 km (10.6 – 11.8 miles), depending on pace and trail conditions. Although the route is mainly downhill, it includes several short ascents and uneven forest sections, making it a full and steady trekking day.

As we descend, the scenery gradually shifts from high alpine terrain to lush woodland, with chances to spot wildlife and enjoy continuous views of Langtang Lirung and surrounding peaks. We eventually arrive at Lama Hotel, nestled in a peaceful river valley, where we spend the night in a teahouse surrounded by forest.

📍 Day 9: Trek from Lama Hotel to Thulo Syabru village (2,230 m): Walking distance: 9 – 11 km | 5 – 6 hours

Following breakfast at Lama Hotel, we begin our trek towards Thulo Syabru Village (2,230 m), leaving the Langtang River valley and gradually ascending through lush forested hillsides. The trail initially follows a familiar riverside path before branching off into a steeper ascent through dense rhododendron and oak forests, with occasional clearings offering views back toward the Langtang range.

The trek takes approximately 5 – 6 hours and covers around 9 – 11 km, depending on pace and trail conditions. Although the overall elevation change is moderate, the route involves a sustained uphill climb on forest trails, making it a steady and rewarding trekking day.

As we gain elevation, the landscape becomes quieter and more traditional, with glimpses of terraced fields and rural hillside settlements. Along the way, we enjoy occasional views of Langtang Lirung, Ganesh Himal, and surrounding ridgelines, before reaching the scenic ridge-top village of Thulo Syabru, known for its traditional Tamang culture and sweeping Himalayan views.

We arrive at Thulo Syabru Village, where we spend the night in a teahouse, surrounded by peaceful mountain scenery and authentic village life.

❓ **Day 10: Trek from Thulo Syabru village to Singh Gompa (3,330 m): 7 – 8 km | 5 – 6 hours**

Leaving Thulo Syabru Village in the morning, we begin a steady and continuous ascent towards Sing Gompa (3,330 m / 10,925 ft), gaining altitude through the forested ridges of the Langtang region. The trail climbs through dense rhododendron, oak, and pine forests, with occasional openings that offer views of Langtang Lirung, Ganesh Himal, and surrounding Himalayan ranges.

The trek takes approximately 5 – 6 hours and covers around 7 – 8 km (4.3 – 5.0 miles), depending on pace and trail conditions. It is a sustained uphill section, but the shaded forest trail and natural surroundings make it a pleasant and steady climbing day.

As we gain elevation, the landscape gradually transitions into cooler alpine terrain, marked by prayer flags, small chortens, and peaceful forest ridgelines. We eventually reach Sing Gompa, a scenic mountain settlement known for its monastery, local cheese factory, and wide panoramic views of the Langtang and Ganesh Himal ranges.

We spend the night at Sing Gompa in a teahouse, enjoying the calm atmosphere and crisp mountain air.

❓ **Day 11: Trek from Sing Gompa to Gosainkunda Lake (4,460 m): Walking Distance: 9 – 11 km | 6 – 7 hours**

Leaving Sing Gompa (3,330 m / 10,925 ft), we begin a steady ascent towards the sacred alpine lake of Gosainkunda (4,460 m / 14,633 ft). The trail climbs through dense pine and rhododendron forest before gradually opening into exposed alpine slopes with increasingly wide views of the Langtang Himal and Ganesh Himal ranges.

The trek takes approximately 6 – 7 hours and covers around 9 – 11 km (5.6 – 6.8 miles). It is a continuous uphill climb, passing through ridgelines, rocky terrain, and high pasture areas marked by prayer flags and resting points used by both trekkers and pilgrims.

As we gain altitude, the landscape becomes more rugged and dramatic, with sweeping Himalayan panoramas and a noticeable change in air and terrain. The final approach to Gosainkunda is particularly scenic, with glacial-fed streams and rocky basins leading into the lake area.

We eventually reach Gosainkunda Lake, a sacred high-altitude pilgrimage site surrounded by stark alpine peaks and open wilderness. The lake is deeply significant in Hindu tradition and offers a powerful, peaceful atmosphere at high altitude.

Overnight stay at Gosainkunda in a teahouse or lodge, surrounded by one of the most iconic high mountain landscapes in Nepal.

❓ **Day 12: Explore Gosaikunda**

Today is spent exploring the sacred alpine surroundings of Gosainkunda Lake (4,460 m / 14,633 ft), one of Nepal's most revered high-altitude pilgrimage sites. According to Hindu mythology, the

lake was created by Lord Shiva, and the entire area holds deep spiritual significance for both Hindu and Buddhist pilgrims.

Just below the main lake lies the striking Bhairav Kunda, a darker and deeper glacial lake believed to be spiritually connected to Gosainkunda. Depending on time and weather conditions, we can also hike towards the beautiful Surya Kunda, another sacred alpine lake known for its clear turquoise waters and peaceful setting amidst the rugged Himalayan landscape. The basin surrounding Gosainkunda is dotted with several smaller sacred lakes and rocky ridgelines, creating a dramatic high-altitude environment.

Nearby, the sacred Trishul Dhara flows from the rocks, believed by pilgrims to originate from Lord Shiva's trident. Prayer flags, alpine winds, and panoramic views of the surrounding Himalayan peaks add to the spiritual and natural beauty of the area.

The remainder of the day is spent exploring the lakeside, enjoying the mountain scenery, and experiencing the calm atmosphere of this sacred Himalayan region.

Overnight stay at Gosainkunda in a teahouse.

Day 13: Trek to Tharepati (3,440 m): Walking Distance: 10 – 12 km | 6 – 7 hours

Beginning the day at Gosainkunda Lake (4,460 m / 14,633 ft), we continue our journey towards Tharepati (3,440 m / 11,286 ft), crossing the high ridges of the Langtang region. The trail climbs gradually to Lauribina Pass (4,610 m / 15,125 ft) before descending through rugged alpine terrain, rocky slopes, and forested hillsides with wide Himalayan views.

The trek takes approximately 6 – 7 hours and covers around 10 – 12 km (6.2 – 7.5 miles), depending on pace and trail conditions. After crossing the pass, the landscape gradually changes from exposed alpine wilderness into dense rhododendron and pine forest as we descend toward the Helambu region.

Along the way, we enjoy panoramic views of the Langtang Himal, Ganesh Himal, Dorje Lakpa, and surrounding snow-covered peaks before reaching the peaceful ridge-top settlement of Tharepati.

Overnight stay at Tharepati in a teahouse or lodge.

Day 14: Trek to Kutumsang (2,470 m): Walking Distance: 10 – 12 km | 5 – 6 hours

Continuing through the scenic Helambu region, we make our way from Tharepati (3,440 m / 11,286 ft) towards the traditional hillside village of Kutumsang (2,470 m / 8,103 ft). The trail descends through beautiful rhododendron, pine, and fir forests, crossing peaceful ridgelines, terraced hillsides, and small mountain settlements along the route.

The trek takes approximately 5 – 6 hours and covers around 10 – 12 km (6.2 – 7.5 miles), depending on pace and trail conditions. The trail includes a mixture of gradual descents and short ascents, offering a comfortable and scenic trekking day with constantly changing landscapes.

As we descend further, the scenery becomes greener and more populated, with traditional Tamang and Hyolmo villages appearing along the trail. Open ridge sections provide occasional views of the Langtang Himal, Dorje Lakpa, and Jugal Himal ranges before reaching the peaceful village of Kutumsang.

Overnight stay at Kutumsang in a teahouse lodge.

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? **Day 15: Trek to Chisapani (2,215 m): Walking Distance: 13 – 15 km | 6 – 7 hours**

From Kutumsang (2,470 m / 8,103 ft), we continue our journey along the Helambu trail towards Chisapani (2,215 m / 7,267 ft), traversing a scenic mix of forested ridges, terraced farmlands, and traditional mountain settlements. The route winds through dense rhododendron and oak forests, with occasional open sections revealing views of the surrounding Himalayan ranges and rolling mid-hills.

The trek takes approximately 6 – 7 hours and covers around 13 – 15 km (8.1 – 9.3 miles), depending on pace and trail conditions. The path features a combination of gradual descents, gentle climbs, and extended ridge walks, making it a varied and enjoyable trekking day.

As we approach Chisapani, the landscape opens up to wide Himalayan panoramas, including views of the Langtang Himal, Ganesh Himal, and distant snow-capped peaks, along with glimpses toward the Kathmandu Valley. The cool air and scenic hilltop setting make Chisapani a peaceful overnight stop before the final descent.

Overnight stay at Chisapani in a teahouse lodge.

? **Day 16: Trek to Sundarjal (1,350 m) and Drive to Kathmandu:**

Setting out from Chisapani (2,215 m / 7,267 ft), we begin our final day of trekking with a gradual descent through the forested trails of Shivapuri National Park towards Sundarjal (1,350 m / 4,429 ft). The route passes through dense rhododendron and oak forests, small settlements, forest checkpoints, and natural water channels, with occasional glimpses of the surrounding green hills.

The trek takes approximately 3 – 4 hours and covers around 12 – 14 km (7.5 – 8.7 miles), depending on pace and trail conditions. It is mostly a downhill walk, offering a comfortable and scenic final trekking section after the longer Himalayan days.

As we arrive at Sundarjal, the landscape becomes greener and more humid, with waterfalls and river-fed streams marking the edge of the Kathmandu Valley. From here, we take a short drive back to Kathmandu (approximately 1 hour).

Upon arrival in Kathmandu, our trekking journey officially concludes, marking the end of an unforgettable Himalayan adventure.

? **Day 17: Departure day:**

Today marks the completion of your Himalayan journey. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward departure.

As you leave Nepal, this is a moment to reflect on your expedition to Ganja La Chuli (Naya Kanga) (5,863 m / 19,236 ft), along with the incredible trekking experience through the Langtang Valley. The journey has combined high-altitude acclimatization, technical climbing, and the cultural richness of the Tamang villages.

We hope you carry with you unforgettable memories of the mountains, the people, and the landscapes of Nepal. Safe travels and we look forward to welcoming you again for future adventures in the Himalayas.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Helambu National Park Entry Permit
- ✓ Langtang National Park Entry Permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.