Langtang Gosainkunda Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**16 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4610m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,655 per person**

Trip overview

The Langtang–Gosaikunda Trek is one of Nepal's most diverse and spiritually significant trekking routes, combining the beauty of the Langtang Valley with the sacred alpine lakes of Gosaikunda. This classic Himalayan journey offers a perfect mix of mountain scenery, cultural richness, and high-altitude adventure, all within relatively close reach of Kathmandu.

The trek is ideal for trekkers who want a moderately challenging route with both natural and religious highlights. It passes through traditional Tamang villages, dense forests, alpine valleys, and high mountain passes before reaching the holy Gosaikunda Lake. The journey offers stunning views of Himalayan peaks including Langtang Lirung, Ganesh Himal, Dorje Lakpa, and surrounding Himalayan ranges.

This trek is especially popular among both adventure seekers and pilgrims due to its spiritual importance and breathtaking landscapes.

Geography and Landscape

The Langtang–Gosaikunda Trek is located in northern Nepal within Langtang National Park, one of the country's most important conservation regions. The route typically begins with a drive from Kathmandu to Syabrubesi and continues through the Langtang Valley before branching toward the high-altitude lakes of Gosaikunda.

The landscape is extremely varied and dramatic. Lower sections of the trek feature subtropical forests, waterfalls, rivers, and terraced farmland. As the trail ascends into the Langtang Valley, dense forests of rhododendron, oak, and bamboo dominate the scenery, creating a lush and vibrant environment.

Higher up, the valley opens into wide alpine meadows and glacial landscapes surrounded by towering peaks. Key stops include Langtang Village and Kyanjin Gompa, where trekkers can explore monasteries and viewpoints such as Kyanjin Ri and Tserko Ri for panoramic Himalayan views.

From the Langtang region, the trail ascends toward Laurebina and then to the sacred Gosaikunda Lake (4,380 m). This high-altitude lake area is surrounded by rugged cliffs, snowy ridges, and a series of smaller alpine lakes that create a dramatic and spiritual landscape.

The crossing of Lauribina La Pass (4,610 m) is another highlight, offering sweeping views of the

Himalayas and the transition between the Langtang and Helambu regions.

Climate and Best Time to Trek

The best seasons for the Langtang–Gosaikunda Trek are spring (March–May) and autumn (September–November). These months provide stable weather, clear skies, and excellent visibility of the Himalayan peaks.

Spring is particularly beautiful due to blooming rhododendron forests and pleasant temperatures in the lower valleys. Autumn offers crisp air, dry trails, and some of the clearest mountain views of the year after the monsoon season.

Winter (December–February) is cold, especially around Gosaikunda and Lauribina La, where heavy snow can make the trek difficult or inaccessible. The monsoon season (June–August) brings heavy rain, landslides, and limited visibility, making it less suitable.

Overall, autumn is considered the best season for both trekking comfort and spiritual pilgrimage experiences.

People and Culture

The Langtang–Gosaikunda region is primarily inhabited by Tamang communities, whose culture is deeply rooted in Tibetan Buddhism. Their traditions, language, architecture, and spiritual practices closely reflect Himalayan Buddhist heritage.

Villages along the route feature stone houses, prayer flags, mani walls, and ancient monasteries that reflect centuries of cultural and religious tradition. Kyanjin Gompa is a key spiritual center in the Langtang Valley, while Gosaikunda Lake holds immense religious significance for Hindus and Buddhists alike.

According to legend, Gosaikunda was created by Lord Shiva, and thousands of pilgrims visit the lake during the Janai Purnima festival to perform rituals and take holy baths in its sacred waters.

The combination of spiritual importance, cultural richness, and dramatic Himalayan landscapes makes the Langtang–Gosaikunda Trek one of the most meaningful trekking experiences in Nepal.

Highlights

- Drive to Syabrubesi through hills and river valleys
- Trek Langtang Valley with views of Langtang Lirung
- Explore Tamang villages and Kyanjin Gompa
- Hike to Tserko Ri (~5,000m) for Himalayan views
- Visit sacred Gosaikunda Lake (4,380m) and alpine lakes
- Cross Lauribina La Pass (4,610m)
- Wildlife: red panda, Himalayan monal, langur
- Trek through rhododendron forests and Helambu region
- End at Sundarijal scenic forest trail

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Permit and Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparation and permit arrangements. Your guide will assist with Langtang National Park permits and trip documentation. You can spend the rest of the day shopping for trekking essentials in Thamel, exchanging currency, or exploring Kathmandu’s cultural heritage sites before your Himalayan adventure begins.

Day 3 : Drive from Kathmandu to Syabrubesi (1,460m)

Altitude: 1,400m – 1,460m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Your trek begins with a scenic drive from Kathmandu through the lush Trishuli Valley. The journey is filled with changing landscapes—from terraced farmland to cascading rivers and distant Himalayan views. You'll pass bustling roadside towns like Trishuli Bazaar and Dhunche before descending to Syabrubesi, a small village nestled at the confluence of the Bhote Koshi and Langtang Khola rivers.

Day 4 : Trek to Lama Hotel (2,470m)

Altitude: 1,460m – 2,470m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Begin the trek by crossing suspension bridges and following the Langtang Khola through dense subtropical forests filled with oak, maple, rhododendron, and bamboo. This section is rich in wildlife, including langur monkeys, Himalayan birds, and occasionally the elusive red panda. After passing villages like Bamboo and Rimche, arrive at Lama Hotel.

Day 5 : Trek to Langtang Village (3,430m)

Altitude: 2,470m – 3,430m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Today’s trail climbs steadily through alpine forest into open meadows. After reaching Ghoda Tabela, continue through yak pastures and glacial valleys toward Langtang Village. Rebuilt after the devastating 2015 earthquake, the village beautifully preserves its traditional Tamang culture and mountain lifestyle.

Day 6 : Trek to Kyanjin Gompa (3,870m)

Altitude: 3,430m – 3,870m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A shorter trekking day leads to Kyanjin Gompa, one of the spiritual and scenic highlights of the Langtang region. The trail passes prayer walls, chortens, and alpine meadows before reaching the beautiful Buddhist village surrounded by glaciers and towering peaks. Explore the monastery and nearby yak cheese factory.

Day 7 : Acclimatization Hike to Tserko Ri (3,870m)

Altitude: 3,870m – 5,000m – 3,870m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Hike Duration: 5–6 hours

Rise early for a spectacular sunrise hike to Tserko Ri, one of the finest viewpoints in the Langtang region. The steep ascent rewards you with breathtaking panoramic views of Langtang Lirung, Yala Peak, Dorje Lakpa, and surrounding Himalayan ranges. Return to Kyanjin Gompa for overnight rest.

Day 8 : Trek back to Lama Hotel (2,470m)

Altitude: 3,870m – 2,470m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Retrace your steps down through Langtang Village and lush forested trails. The descent is easier but long, allowing you to enjoy different perspectives of the landscapes and mountain scenery.

Day 9 : Trek to Thulo Syabru (2,250m)

Altitude: 2,470m – 2,250m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

From Lama Hotel, follow a lesser-used trail toward Thulo Syabru, a culturally rich Tamang village perched on a steep hillside. The route involves both descent and ascent through terraced farmland and scattered settlements, offering beautiful views of Ganesh Himal.

Day 10 : Trek to Chandanbari (Sing Gompa) (3,330m)

Altitude: 2,250m – 3,330m

Walk: 5 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail ascends through peaceful pine and rhododendron forests toward Sing Gompa, also known as Chandanbari. This quiet mountain settlement is famous for its monastery and traditional yak cheese factory operated by local monks.

Day 11 : Trek to Gosaikunda (4,380m)

Altitude: 3,330m – 4,380m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Today’s trek climbs above the treeline into rugged alpine terrain. Enjoy dramatic mountain scenery and views of Langtang Himal and Ganesh Himal before reaching the sacred lakes of Gosaikunda, believed in Hindu mythology to have been created by Lord Shiva.

Day 12 : Cross Laurebina La Pass to Ghopte (3,440m)

Altitude: 4,380m – 4,610m – 3,440m

Walk: 7–8 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

This is the most challenging and rewarding day of the trek. Begin early to cross the dramatic Laurebina La Pass, offering breathtaking Himalayan views. The long descent passes through alpine terrain, rocky paths, and dense forests before reaching Ghopte.

Day 13 : Trek to Kutumsang (2,470m)

Altitude: 3,440m – 2,470m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Continue trekking through peaceful ridgelines, rhododendron forests, and isolated settlements. The trail offers beautiful hill scenery and occasional mountain views before arriving at Kutumsang.

Day 14 : Trek to Chisapani (2,165m)

Altitude: 2,470m – 2,165m

Walk: 6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Enjoy a pleasant day of trekking through pine forests, terraced farmland, and traditional villages. Chisapani offers excellent views of the Helambu hills and distant Kathmandu Valley.

Day 15 : Trek to Sundarijal, Drive to Kathmandu (1,400m)

Altitude: 2,165m – 1,350m – 1,400m

Walk: 4 hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive Duration: 1 hour

Descend through Shivapuri National Park, a protected forest rich in birdlife and natural beauty. After reaching Sundarijal, drive back to Kathmandu and enjoy a comfortable hotel stay with a warm meal to celebrate the completion of your trek.

Day 16 : Final Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

Today marks the end of your journey in Nepal. After breakfast, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your final departure.

We hope you had a wonderful trekking experience in Nepal and wish you a safe journey ahead.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 2 · Trek Permit and Preparation Day in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 3 · Drive from Kathmandu to Syabrubesi · 1,400 m · day 22°C / night 13°C
- Day 4 · Trek to Lama Hotel · 1,460 m · day 22°C / night 13°C
- Day 5 · Trek to Langtang Village · 2,470 m · day 17°C / night 6°C
- Day 6 · Trek to Kyanjin Gompa · 3,430 m · day 12°C / night 0°C
- Day 7 · Acclimatization Hike to Tserko Ri · 3,870 m · day 10°C / night -3°C
- Day 8 · Trek back to Lama Hotel · 3,870 m · day 10°C / night -3°C
- Day 9 · Trek to Thulo Syabru · 2,470 m · day 17°C / night 6°C

- Day 10 · Trek to Chandanbari · 2,250 m · day 18°C / night 8°C
- Day 11 · Trek to Gosaikunda · 3,330 m · day 12°C / night 1°C
- Day 12 · Cross Laurebina La Pass to Ghopte · 4,380 m · day 7°C / night -6°C
- Day 13 · Trek to Kutumsang · 3,440 m · day 12°C / night 0°C
- Day 14 · Trek to Chisapani · 2,470 m · day 17°C / night 6°C
- Day 15 · Trek to Sundarijal, Drive to Kathmandu · 2,165 m · day 18°C / night 8°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Langtang National Park entry permits.
- Local government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.

- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 17 Mar 2027 · USD 1,655 · Available
- 16 Mar 2027 – 31 Mar 2027 · USD 1,655 · Available
- 06 Apr 2027 – 21 Apr 2027 · USD 1,655 · Available
- 20 Apr 2027 – 05 May 2027 · USD 1,655 · Available
- 04 May 2027 – 19 May 2027 · USD 1,655 · Available

Best time to visit

Best months: March–April and October–November. Langtang is close to Kathmandu and at its best in autumn and spring. Winter days are bright but nights are well below freezing; the monsoon brings rain and occasional landslides on the road to Syabrubesi.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter

- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in teahouses and mountain lodges throughout the trekking route.

Lower sections such as Syabrubesi, Lama Hotel, and Langtang Village offer comfortable teahouses with basic facilities. Higher settlements including Kyanjin Gompa, Lauribina, and Gosaikunda provide more basic accommodation due to altitude and remoteness.

Rooms are generally twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek.

Meals are freshly prepared and designed to provide sufficient energy for high-altitude trekking.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, Tibetan bread, pancakes, and porridge
- Tea, coffee, and hot beverages

Food variety becomes more limited at higher elevations near Gosaikunda.

Difficulty & Physical Requirements

The Langtang Gosaikunda Trek is classified as moderate to strenuous, suitable for trekkers with good physical fitness and some prior hiking experience.

Daily trekking ranges from 5 to 8 hours, with significant elevation gain and challenging mountain terrain.

The most demanding section is the crossing of Lauribina Pass (4,610m), which requires endurance and proper acclimatization.

No technical climbing is required.

Permits

Required permits include:

- Langtang National Park Entry Permit

- TIMS Card (Trekkers' Information Management System)

All permits are generally arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron blooms, stable weather, and excellent mountain views
- Autumn (September–November): Clear skies and ideal trekking conditions
- Winter (December–February): Snow-covered landscapes and fewer trekkers
- Monsoon (June–August): Not recommended due to rainfall, landslides, and poor visibility

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Transportation & Access

The trek begins with a scenic drive from Kathmandu to Syabrubesi, the main gateway to the Langtang region.

The route ascends through Langtang Valley to Kyanjin Gompa before crossing toward the sacred Gosaikunda region and eventually descending through Helambu or Dhunche depending on the itinerary.

Safety & Acclimatization

The trek reaches elevations above 4,600 meters, making proper acclimatization essential.

Important safety considerations include:

- Gradual ascent through Langtang Valley
- Acclimatization at Kyanjin Gompa
- Monitoring symptoms of Acute Mountain Sickness (AMS)
- Proper hydration and pacing
- Weather assessment before crossing Lauribina Pass

Professional guides provide support for navigation, health monitoring, and emergency response.

Travel Insurance

Comprehensive travel insurance is highly recommended and should include:

- High-altitude trekking coverage (up to at least 5,000m)
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

Experienced licensed guides are recommended for safety, route management, and cultural interpretation.

Porters assist with carrying luggage, allowing trekkers to travel comfortably with a light daypack.

Cultural & Natural Highlights

The Langtang Gosaikunda Trek offers a remarkable combination of nature, culture, and spirituality:

- Sacred alpine lakes of Gosaikunda Lake
- Traditional Tamang and Tibetan-influenced villages
- Spectacular Langtang Valley scenery

- Ancient Buddhist monasteries and chortens
- Panoramic views of Langtang Lirung, Ganesh Himal, and Dorje Lakpa
- Diverse ecosystems within Langtang National Park
- High mountain pass crossing at Lauribina Pass
- Important Hindu pilgrimage destination during Janai Purnima Festival

Essential Equipment

Recommended trekking gear includes:

- High-quality trekking boots
- Layered clothing system
- Warm down jacket (-15°C to -20°C recommended)
- Waterproof jacket and trousers
- Gloves, thermal hat, buff, and sunglasses
- Trekking poles
- Sleeping bag suitable for high-altitude conditions
- Daypack (30–40L)
- Personal first aid kit and essential medications

Communication & Connectivity

Mobile network coverage is available in lower villages but becomes limited at higher elevations.

Wi-Fi services are available in some teahouses for an additional cost, although connectivity can be unreliable in remote mountain areas.

Why Choose the Langtang Gosaikunda Trek?

The Langtang Gosaikunda Trek is an excellent choice for trekkers seeking a combination of adventure, culture, and spirituality:

- Combines Langtang Valley and Gosaikunda Lakes in a single journey
- Sacred pilgrimage destination with deep religious significance
- Stunning alpine lakes and mountain landscapes
- Rich Tamang and Buddhist cultural heritage
- Challenging but achievable high-altitude trekking experience
- Less crowded than Everest and Annapurna trekking routes
- Exceptional biodiversity within Langtang National Park
- Spectacular Himalayan panoramas throughout the trek
- Ideal for trekkers seeking both cultural immersion and mountain adventure
- One of Nepal’s most diverse and rewarding trekking experiences

Frequently asked questions

How difficult is the Langtang Gosainkunda Trek?

The Langtang Gosainkunda Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Langtang Gosainkunda Trek?

For the Langtang & Helambu region the best months are March–April and October–November. Langtang is close to Kathmandu and at its best in autumn and spring. Winter days are bright but nights are well below freezing; the monsoon brings rain and occasional landslides on the road to Syabrubesi.

What permits do I need for the Langtang Gosainkunda Trek?

You need the Langtang National Park entry permit and the TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Langtang Gosainkunda Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Langtang Gosainkunda Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Langtang Gosainkunda Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Langtang Gosainkunda Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/langtang-gosainkunda-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com