Langtang Gosainkunda Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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