
Trekking

Langtang Valley Gosaikunda Trek

Discover the stunning Langtang Gosaikunda Trek—15 days of breathtaking mountain views, rich culture, and sacred landscapes. Hike through Langtang Valley, reach the holy Gosaikunda Lake, and enjoy a perfect mix of adventure and spirituality. Ideal for those seeking a unique Himalayan experience!

OVERVIEW

COUNTRY	Max Elevation	DURATION
NEPAL	4984 M	15 DAYS
COORDINATES	Trip Code	Group Size
28°12'48.73" N, 85°36'03.55" E	RE-LGT-GKT	2-12 Pax

The **15-day Langtang Gosaikunda Trek** is a stunning journey that takes you through **Langtang Valley**, across high mountain passes, and to the sacred **Gosaikunda Lake**. This trek is perfect for those looking for a mix of **breathtaking landscapes, cultural experiences, and moderate adventure**—without the extreme altitudes of Everest or Annapurna.

Trek Overview

Your journey begins with a drive from **Kathmandu to Syabrubesi**, the starting point of the trek. As you ascend, you'll pass through **dense forests, terraced fields, and Tamang villages**, getting your first views of the snow-capped peaks. The trail leads through places like **Lama Hotel, New Langtang Village, and Kyanjin Gompa**,

where you can hike to **Kyanjin Ri (4,773m)** or **Tsergo Ri (4,984m)** for panoramic views of the **Langtang Lirung (7,227m) range**.

The people of this region, originally of **Tibetan descent**, have lived here since the 15th century. Their traditions, monasteries, and warm hospitality make this trek a **deep cultural experience**, not just a scenic one.

After exploring Langtang Valley, the trail leads to **Gosaikunda Lake (4,380m)**—a sacred alpine lake surrounded by towering peaks. According to Hindu mythology, the lake was created by **Lord Shiva**, and thousands of pilgrims visit every year, especially during the **Janai Purnima festival**. The lake's **crystal-clear waters reflect the sky**, creating a peaceful and almost mystical atmosphere.

From Gosaikunda, the trek continues over the **Lauribina Pass (4,610m)**, leading to the lush **Helambu region**. You'll pass through remote villages like **Ghopte, Mangengoth, and Kutumsang**, before descending to **Sundarjal**, where you'll return to Kathmandu.

Highlights of the Trek

- **Spectacular Mountain Views** – See peaks like **Langtang Lirung (7,227m)**, **Dorje Lakpa (6,988m)**, and **Ganesh Himal (7,422m)**.
- **Rich Tamang Culture** – Experience traditional villages, Buddhist monasteries, and warm hospitality.
- **Wildlife Spotting** – The Langtang National Park is home to **red pandas, Himalayan black bears, musk deer, and snow leopards**.
- **Gosaikunda Lake** – A serene and sacred alpine lake, perfect for spiritual reflection or just enjoying nature's beauty.
- **Diverse Landscapes** – Trek through **forests, yak pastures, alpine meadows, and glacial valleys**.

Best Time to Trek

The best seasons for this trek are:

- **Spring (March–May)** – Blooming **rhododendrons**, **mild temperatures**, and **clear skies**.
- **Autumn (September–November)** – **Stable weather**, **crisp air**, and **excellent visibility**.
- **Winter (December–February)** – Possible, but **very cold at high altitudes**.
- **Monsoon (June–August)** – Not ideal due to **heavy rain and landslides** in some areas.

Difficulty Level

This is a **moderate trek**, suitable for those with basic trekking experience. The highest point is **Tsergo Ri (4984M)**, which can be challenging, but acclimatization days help with altitude adjustment. Daily trekking hours range from **5 to 7 hours**.

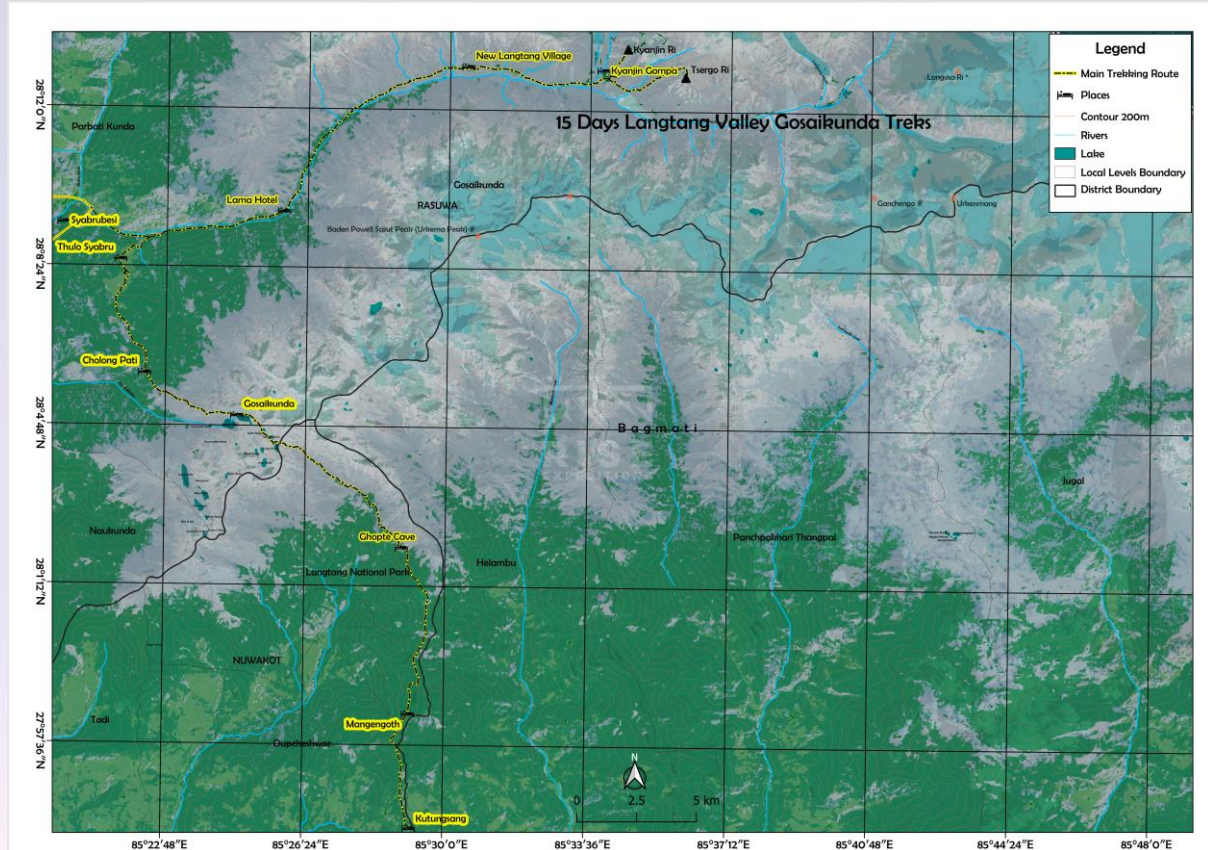
Final Thoughts

The **Langtang Gosaikunda Trek** is perfect for those looking for a **less crowded but equally stunning alternative to Everest or Annapurna**. With its combination of **scenic beauty, cultural depth, and moderate adventure**, it offers a truly rewarding Himalayan experience.

If you're looking for a trek that balances **challenge and comfort, spirituality and adventure, and breathtaking views with authentic culture**, this is the one for you.

MAP

[View on Google Map](#)



DETAIL ITINERARY

Day 01 Arrival in Kathmandu (1400m)

Upon your arrival at Tribhuvan International Airport (TIA), you will be transferred to the hotel. If you arrive on time, you will have the opportunity to explore the nearby hotel area. As a welcome gesture, our team will provide you with a complimentary dinner at the hotel. Our team, most likely your trip guide or staff, will also provide you with an informal briefing about the days ahead of your trip.

Day 02 Kathmandu to Syabrubesi (1470m)

At an early breakfast at the hotel, we will be moving towards Syabrubesi by Jeep or Bus (depending on the group's size). Both the Jeep and Bus are private. We will have lunch along the way. When we reach the Trisuli River bank, we can

witness the views of the Annapurna Massif, Manaslu, Ganesh Himal, Jugal Himal, and Langtang Regions standing tall over us at Trisuli Bazar. After that, the road becomes a bit bumpy. We will cross the bumpy road via Dhunche. Covering approximately 122 km in 7-8 hours, depending on the road condition, we will reach Syabrubesi. After covering a long distance via Jeep or Bus, we will take some rest and have an overnight stay at the finest hotel.

Day 03 Trek from Syabrubesi via Pairo and Bamboo to (Lama Hotel 2480m)

This will be our first trek. After a 10-minute walk from our overnight stay, we will cross the Bhote Koshi River bridge, then turn in the northeast direction to our right-hand side, following the Langtang streams (Khola in Nepali). We will continue our trek via Old Syabrubesi, Tiwari village, and crossing the bridge on the right bank of the riverside. We will continue our trek to Domen, and again, crossing the Chopche Khola, we will continue our trek on the left bank of the river to Bamboo (1990m). We will have our lunch at Bamboo. After having our lunch at Bamboo, we will continue our trek. After approximately 45 minutes of trekking, we will cross the Langtang Khola and continue our trek to Lama Hotel (2480m). Covering a distance of 11.3 km in 5-6 hours, we will find accommodation there.

Day 04 Trek from Lama Hotel to New Langtang village (3460m)

Following an early breakfast at Lama Hotel, we will trek towards the northeast direction, following the Langtang Khola. After a gentle ascent of 45 minutes, we will reach the riverside at 2800m through the dense pine trees to continue to our trek till the the bridge where the new trekking trail begins. If we are lucky, we can see wild animals. The old trekking trail is also available, but due to the high risk of landslides, only a few people trek it, as it takes a shorter time compared to the new one. The new trekking trail takes more time, but as we care you and your safety is our first priority, we recommend this new route.

A short distance below Ghora Tabela, we will again cross the river via a suspension bridge and rejoin the old route.

We will have our lunch at Ghora Tabela (3045m). After lunch, we will enter our permit at the Langtang National Park checkpoint. Continuing our trek to Thyanghyap Village (3200m), we will pass through yak pastureland with Langtang Himal visible on both sides. Before reaching the newly rebuilt settlement of New Langtang Village, we will cross the old Langtang Village, which was partially destroyed by an avalanche hitting Langtang Lirung in April 2015 that will observe from Langtang Gumba Dada (3415m). Covering approximately 14.7km in 5-6 hours, we will stay overnight at a lodge in Langtang Village.

Day 05 Trek from New Langtang Village to kyanjin Gompa (3870m)

Langtang Village is one of the important tourist destinations on this trek. After an early morning breakfast, we will trek towards the northeast direction, heading to today's destination, Kyanjin Gompa. Initially, after hiking a short distance, we will encounter a Long Mani wall where we will spend a few minutes taking pictures. After that, we will turn towards Mundu Village, which is one of the oldest Tamang villages. Here, we will discover water-driven prayer wheels. Most of the village consists of flat-roofed Tibetan-style houses and cultivated land yielding buckwheat, potatoes, wheat, turnips, cabbage, and barley. After spending half an hour exploring this village, we will head towards the northeast direction until we reach Kyanjin Gompa (3870m).

Our lunch will be at Kyanjin Gompa, where we will explore the Gompa and Cheese Factory. We will then hike to Ice Lake (4000m) for acclimatization, retrace our steps to Kyanjin Gompa, and have an overnight stay at the lodge in Kyanjin.

Day 06 Trek to Tsergo Ri (Cherko Ri) 4984m and descend to Kyanjin Gompa.

In the early morning, after having breakfast and packing your lunch, you will gradually ascend towards Tsergo RI. Covering a distance of approximately 17 kilometers in 7 hours, you will reach the viewpoint of Tsergo RI. From this vantage point, you will witness more than 20 peaks,

at 5863 meters, Scout Peak (Baden Poyoull) at 5826 meters, Pangen Popku at 5930 meters, Dshabu RI at 5263 meters, Yala Peak at 5500 meters, Porothen Himal at 5749 meters, Penzom Himal at 5749 meters, Yansa Tsenji (Dagpache) at 6567 meters, Yubra at 6264 meters, Langtang Yubra at 6048 meters, Kinshung at 6781 meters, Ghangbu at 6251 meters, Langtang Lirung (Ghonne) at 7727 meters, and Ghenge Liru at 6596 meters.

Or,

Early in the morning, you will start the hike to Kyanjin RI. Ascending this modest hill will take 3 to 5 hours to reach the viewpoint. From Kyanjin RI, you will witness the upper Langtang Valley, surrounded by majestic peaks and glaciers. Following some time at this viewpoint, you will retrace your steps back to Kyanjin Gumpa. It will be your second night at Kyanjin Gumpa, where you will have an overnight stay.

****Note: Hike to Kyanjin RI or your guide while trekking will decide Tsergo RI. For Kyanjin, you will have lunch after descending from Kyanjin RI. For Tsergo RI, you will carry a packed lunch.***

Day 07 Trek Back to Kyanjin Gumpa to Lama Hotel

After having an early breakfast at Kyanjin Gumpa, you will trek back to Lama Hotel. you will have your lunch along the way and stay overnight at Lama Hotel.

Day 08 Trek to Thulo Syabru (kheldi) 2210m

We continue walking through the forest trail until reaching Pairo, which takes approximately 3 hours. We will have a lunch break here. Afterward, we will continue along the trail to Syabrubesi, climbing up a steep path until reaching Thulosyabru, which will take us about 2 hours. From there, we will enjoy a great view of mountains such as Langtang Lirung, Ganesh Himal, and other peaks. In the evening, we will visit a monastery with our guide. Stay overnight in a lodge.

Day 09 Trek to Cholang Pati (3654m) from Thulo Syabru

At an early breakfast, we will trek steeply uphill towards Phoprang Dada to Cholang Pati; the place has the best sunset view over the Ganesh Himal. We will have our lunch at Bomba. After lunch, we will make a steep ascent to Cholang Pati. The overnight stay will be at the lodge.

Day 10 Trek to Gosaikunda (4380m) from Cholang Pati

Today, we will finally reach our much-awaited destination, Gosaikunda, located in Langtang National Park. Gosaikunda is renowned as a pristine alpine lake, possessing natural, cultural, and spiritual significance. The area is said to have 108 lakes, including the prominent Gosaikunda. While there is not concrete evidence for all these lakes, the vicinity of Gosaikunda boasts other lakes such as Sara Swati Kunda, Bharav Kunda, Nag Kunda, Dudh Kunda, Chandra Kunda, Mother Kunda, Surya Kunda, etc. Each of these kundas holds religious significance, making this area a sacred place for both Hindu and Buddhist religions.

Annually, during the Janaipurnima festival (full Moon night, which falls in August), a large number of devotees visit this sacred place. After a 4 to 5-hour trek, we will finally arrive at Gosaikunda, where we will explore the surrounding area and stay overnight at a lodge.

Day 11 In the Early morning Explore Gosaikunda and Trek to Ghopte Cave (3530)

In the early morning, we will explore the periphery of Gosaikunda. After having lunch, we will trek towards Ghopte Cave and overnight accommodation at the lodge.

Day 12 Trek to Mangengoth (3390m) from Ghopte Cave

We will descend and then cross the small stream to reach Thadepati Pass at an elevation of 3690m, where we will have lunch.

After that, we will proceed through Saune to reach Mangengoth at 3390m and accommodation at lodge.

Day 13 Trek to Kutumsang (2470m)

In the early morning, after breakfast, we will descend down to Kutumsang, a village located in the Nuwakot district. It is dominated by the Sherpa and Tamang communities and is one of the beautiful villages where we will have our lunch and stay overnight at a lodge.

Day 14 Drive Back to Kathmandu

After finishing our trek, we will drive back to Kathmandu. Expect to reach Kathmandu in the late afternoon. Following our arrival, there will be time to rest before rejoining for a farewell dinner at a fine restaurant or hotel in Kathmandu with our company staff.

Day 15 Departure from Tribhuvan International Airport.

After completing this 15-day trip, the final day will be spent in Kathmandu, Nepal, the beautiful heritage wooden city. Your departure will be from Tribhuvan International Airport (TIA). If you wish to extend your itinerary, you have a tremendous option to prolong your holidays in Nepal by rebooking the next available destination. For booking, please contact the salesperson.

WHAT'S INCLUDED

At Rise Expeditions, we handle every detail of your Langtang Valley Gosaikunda Trek, ensuring a safe, comfortable, and unforgettable journey. With experienced guides and top-notch gear, you can focus on enjoying the stunning Langtang region. The following is included in your booking:

INCLUDED

- International arrival and departure
- All ground transportation
- Total of 15 nights (2 nights in a hotel in Kathmandu, 13 nights at tea houses)
- All accommodations and meals in Kathmandu before and after the journey
- Hotel stay at Kathmandu is Bed and Breakfast (BB) Plan
- Full board at the trek including breakfast, lunch, and dinner
- Government-licensed English-speaking trek leader. For 4-6 trekkers, 1 assistant guide will be added, and for 7-10 trekkers, 2 additional assistant guides will be provided.
- Porter to assist with trekkers' luggage (2 trekkers per porter, with a maximum weight limit of 18 kg per porter, i.e., 9 kg per trekker). Non-essential items can be stored at the Kathmandu hotel.
- Coverage for guides' and porters' wages, meals, insurance, lodging, transportation, flights, and necessary equipment
- Water purification tablets for safe drinking water
- Annapurna Conservation Area permit fee
- Daily snacks (cookies) and seasonal fresh fruits
- All government, local taxes, and official expenses
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Farewell dinner at the end of the Langtang Valley Gosaikunda Trek

EXCLUDED

- International flight costs
- Nepal entry visa fees for multiple entries on arrival at Tribhuvan International Airport (15 days – \$25-30, 30 days – \$40-50, 90 days – \$100-110)

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- Excess baggage charges (limit is 9 kg per person on the trek)
 - Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek
 - Personal expenses (shopping, snacks, boiled bottled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone calls, battery recharge fees, extra porters, etc.)
 - Personal clothing and gear
 - Travel insurance covering emergency high-altitude rescue and evacuation (compulsory)
 - Tips for guides and porters (recommended)
 - Additional costs incurred due to causes beyond your control, such as landslides, weather conditions, itinerary modifications for safety, illness, changes in government policies, strikes, etc.
 - All other costs and expenses not listed in the “What is included in my 15 Days Langtang Valley Gosaikunda trek ?”

EQUIPMENT

Trekking to Langtang Valley Gosaikunda Trek is a perfect mix of adventure and spirituality. With Rise Expeditions, you'll experience breathtaking mountain views, rich culture, and sacred landscapes. Trek through Langtang Valley, reach the holy Gosaikunda Lake, and enjoy a perfect mix of adventure and spirituality. Book your trek, and we'll provide you with all the details you need for an incredible journey.

CHECKLIST

Headwear

- Headlamp (minimum 200 lumens) with spare batteries
- Woolen Cap
- Buff Scarf
- Sunhat (to shade your face)

Bodywear (Clothing/Layering)

- Thermal top base layer
- Fleece jacket
- Gore-Tex jacket
- Down jacket
- Cotton t-shirt
- Thermal bottom base layer
- Fleece trouser
- Gore-Tex pant
- Mid weight pants
- Lightweight quick dry hiking pants

Handwear

- Wind stopper/screen tap gloves
- Thin fleece gloves

Footwear

- Trekking Shoes (for approach to basecamp)
- Slippers
- Normal socks
- Camp Shoes

Personal kit

- | | |
|--|---|
| <input type="checkbox"/> Trekking Backpack (45+) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Mug |
| <input type="checkbox"/> Spoon/fork | <input type="checkbox"/> Bowl |
| <input type="checkbox"/> Foldable pad Pad | <input type="checkbox"/> Toilet paper/wet tissue |
| <input type="checkbox"/> Sunscreen (minimum SPF 50+) | <input type="checkbox"/> Lip Balm with Sunblock (SPF 30+) |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Garbage bag | |

First Aid and Medications

- Personal Medications prescribed by your doctors
- Personal First Aid Kit (small and portable)

Miscellaneous Items

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Camera and Associated Gear | <input type="checkbox"/> Nail cutter |
| <input type="checkbox"/> Umbrella/raincoat | |

REQUIREMENT

The trek to Langtang Valley is an incredible experience, combining breathtaking scenery with a chance to explore Nepal's rich culture.

It's a moderately challenging trek, with steep trails and high altitudes, so good physical fitness and some prior trekking experience are important.

The journey takes you above 4,000 meters, where the air gets thinner, and altitude can become a factor. We'll guide you on how to prepare, from fitness tips to packing the right gear. If needed, we can recommend practice hikes to help you feel more confident on the trail.

With our experienced team supporting you every step of the way, you can focus on enjoying the adventure and making it to the stunning Langtang Valley safely and comfortably.

Payment

You can pay your deposit and balance using any lawful method. If you choose to pay via electronic bank transfer, please ensure that you cover all associated fees, so the full amount shown on your invoice is received by us in the specified currency.

Cancellation Policy

To confirm your spot, a 30% deposit is required at the time of booking. An additional 40% must be paid at least one month before you arrive in Nepal, and the remaining balance is due upon your arrival. Payments can be made via cash or credit card, with credit card fees covered by the participant.

Cancellation Policy

- **45 Days Notice:** 25% of the total trek cost will be charged.
- **30 Days Notice:** 50% of the total trek cost will be charged.
- **15 Days Notice:** 80% of the total trek cost will be charged.

- **Within 15 Days:** You can postpone your trip for an additional 10% of the total trek cost. Cancellations after 15 days will require an extra 20% fee for postponing.

Additional Costs for Cancellations

- **Domestic Flights:** Airline policies will apply.
- **Luxury Hotel Bookings:** Hotel-specific cancellation terms will apply.

We would recommend that you purchase trip cancellation insurance for added protection. For more details, don't hesitate to get in touch with us or refer to our full [booking policy](#).

Insurance

We strongly recommend getting travel insurance before your trek to Langtang Valley Trek. This will help protect you in case of unexpected situations during your trip.

Your insurance should cover:

- **Medical emergencies and evacuation** (especially in case of high-altitude health issues)
- **Trip cancellations or interruptions**
- **Loss of baggage or personal items**
- **Travel delays or changes**

While we prioritize your safety, having insurance gives you extra peace of mind. If you need help finding the right coverage, please contact us.