

Langtang Gosaikunda Trek



The Langtang Gosaikunda Trek offers an incredible blend of natural beauty, cultural richness, and spiritual depth. This journey takes you through the scenic Langtang Valley, where alpine meadows, dense rhododendron forests, and dramatic mountain views create a truly breathtaking setting. Along the way, you'll pass through traditional Tamang and Tibetan-influenced villages, gaining insight into their unique customs, lifestyle, and warm hospitality.

As the trek continues, you'll reach the sacred lakes of Gosaikunda—believed to have been created by Lord Shiva. Set at an altitude of 4,380 meters, these pristine glacial lakes are a place of deep spiritual significance. Every year during the full moon festival of Janai Purnima (August) thousands of Hindu and Buddhist pilgrims, along with shamans, gather here to bathe in the icy waters, seeking purification and blessings.

Where is Langtang Gosaikunda Trek?

The Langtang Gosaikunda Trek is located in the Langtang region of Nepal, north of Kathmandu and close to the border with Tibet (China). This trekking route lies inside the Langtang National Park, Nepal's first Himalayan national park, known for its rich biodiversity, scenic landscapes, and cultural heritage.

Trek Highlights:

- Scenic Trek through Langtang Valley: Walk through lush forests, river valleys, and high alpine meadows surrounded by towering peaks.
- Spectacular Mountain Views: Enjoy panoramic views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, and other Himalayan giants.
- Cultural Exploration in Tamang and Tibetan Villages: Experience the traditional lifestyle, language, and hospitality of the Tamang and Tibetan-influenced communities.
- Visit the Sacred Gosaikunda Lake (4,380m): A pilgrimage site revered by both Hindus and Buddhists, surrounded by dramatic mountain scenery.
- Janai Purnima Festival (July/August): Witness thousands of devotees and shamans gather at Gosaikunda for ritual bathing and spiritual celebrations.
- Cross the Challenging Lauribina La Pass (4,610m): A thrilling high-altitude crossing with rewarding views and a sense of adventure.
- Trek through Langtang National Park: Home to diverse flora and fauna, including red pandas, Himalayan monals, and langurs.
- Visit Ancient Monasteries like Kyanjin Gompa: Explore remote Buddhist monasteries set against the backdrop of snow-capped peaks.
- Ideal for Moderate Trekkers: A perfect blend of adventure, culture, and spirituality in a relatively short timeframe.



Detailed Itinerary

Day 1: Drive from Kathmandu to Syabrubesi (1,450m) -7 to 8 hours

Your Langtang Gosaikunda adventure begins with an overland drive from Kathmandu to Syabrubesi, the starting point of the trek. The journey covers approximately 122 kilometers and takes about 7 to 8 hours by local bus or private jeep, depending on road conditions and traffic. You'll pass through several charming villages like Trishuli Bazaar and Dhunche, offering a glimpse into rural Nepali life. The drive also provides impressive views of snow-capped peaks on clear days and the fast-flowing Trishuli River cutting through steep gorges. Upon arrival, check into a local teahouse, rest and prepare for your trek ahead.

Day 2: Trek from Syabrubesi to Lama Hotel (2,480m) -5 to 6 hours

Your trek begins after breakfast in Syabrubesi. The trail follows the Langtang Khola (river), starting with a gentle ascent through terraced fields and lush forest. After crossing a suspension bridge, you'll gradually climb through sub-tropical woodland alive with oak, maple, pine, and blooming rhododendrons in spring. After about 5 to 6 hours of steady trekking, you'll reach Lama Hotel, a serene cluster of teahouses nestled in the forest.

Day 3: Trek from Lama Hotel to Langtang Village (3,120m)- 5 to 6 hours

After breakfast at Lama Hotel, continue your trek deeper into the Langtang Valley. The trail climbs steadily through beautiful alpine forest filled with hemlock, oaks, and rhododendrons. The first views of snow-capped Langtang Lirung (7,227m) begin to appear, offering a breathtaking glimpse of the Himalayas. You'll pass through Ghodatabela, a small settlement with a few teahouses and an army check post, where your permits may be checked. By afternoon, you'll arrive at Langtang Village, a traditional settlement inhabited by the Tamang people.

Day 4: Trek to Kyanjin Gompa (3,870m)-3 hours

Today is a shorter but incredibly scenic trekking day. After breakfast in Langtang Village, you'll continue your journey deeper into the high alpine zone of the Langtang Valley. After around three hours, you'll reach Kyanjin Gompa, the spiritual and scenic heart of the Langtang region. This small village is home to an ancient Buddhist monastery, a cheese factory, and a handful of welcoming teahouses. In the afternoon, you can visit the Kyanjin Monastery, interact with the local monks, and soak in panoramic mountain views.

Day 5: Hike to Kyanjin Ri (4,773m), then Trek Back to Lama Hotel-8 Hours total

Start your day early with a challenging yet rewarding hike to Kyanjin Ri (4,773m), one of the best viewpoints in the Langtang region. The steep ascent takes about 2–3 hours and offers breathtaking panoramic views of the Langtang Himalayas, including Langtang Lirung, Dorje Lakpa, Yala Peak, and nearby glaciers. From here, begin your trek back down to Lama Hotel, retracing the route through Langtang Village, Ghodatabela, and dense forests of rhododendron and pine. You'll arrive at Lama Hotel by late afternoon for a restful night surrounded by peaceful forest.

Day 6: Trek to Thulo Syabru (2,250m) -5 Hours

Today's trek begins with a descent from Lama Hotel, following the trail alongside the Langtang Khola. Cross several suspension bridges and pass through lush forests filled with oak, pine, and rhododendron trees. After reaching the riverbank, you'll begin a gradual ascent toward Thulo Syabru, a large and picturesque Tamang village perched on a ridge. The climb rewards you with sweeping views of Ganesh Himal and the surrounding green hills. Thulo Syabru is well known for its Tamang culture, traditional houses, and terraced farmlands.

Day 7: Trek to Sing Gompa/Chandan Bari (3,250m)-4 to 5 Hours

Leave Thulo Syabru after breakfast and begin your steady ascent through cool pine and rhododendron forests, enjoying the tranquil sounds of nature. After a few hours of trekking, you'll reach Sing Gompa, also known as Chandan Bari, a quiet settlement nestled in the forest. This small village is famous for its Buddhist monastery and cheese factory, where you can sample or buy locally produced yak cheese. The peaceful environment, crisp mountain air, and panoramic views make Sing Gompa a wonderful place to rest and acclimatize before heading higher toward Gosainkunda.

Day 8: Trek to Gosaikunda Lake (4,381m)-5 to 6 Hours

Today, you'll begin on a gradual but steady ascent toward the sacred Gosaikunda Lakes, a stunning group of alpine lakes nestled high in the Langtang region. Revered by both Hindus and Buddhists, Gosaikunda is an important pilgrimage site believed to have spiritual and healing powers. The pristine blue waters of Gosaikunda shimmer against a backdrop of dramatic snow-capped peaks, creating a breathtaking and peaceful atmosphere. Spend time exploring the lake area, visit the small temples, and soak in the serene beauty of this sacred site.

Day 9: Trek to Ghopte (3,420m) via Laurebina La Pass (4,610m)-6 to 7 Hours

Prepare for one of the most challenging and rewarding days of your trek. The day begins with a steep and strenuous climb to Laurebina La Pass, the highest point on the Langtang Gosaikunda route at 4,610 meters. After reaching the summit of Laurebina La, you will begin a descent on rugged, rocky trails through high alpine terrain.

Day 10: Trek to Mangengoth (2,470m)-5 Hours

After the challenging climb and descent of yesterday, today's trek offers a more gentle and peaceful journey. Leaving Ghopte, you will gradually descend through lush, dense forests filled with towering pine, oak, and vibrant rhododendron groves, especially stunning in spring when the flowers bloom. Along the way, listen for the calls of birds and possibly spot local wildlife like langurs or Himalayan black bears in the distance.

Day 11: Trek to Gul Bhanjyang (2,130m)-5 to 6 Hours

Today you will journey through the picturesque Helambu region, known for its vibrant culture and stunning natural beauty. The trail winds gently downhill and uphill, passing through terraced farms where locals cultivate vegetables and grains using traditional methods. The surroundings are lush and green, with forests of pine and rhododendron providing a peaceful atmosphere. Arriving at Gul Bhanjyang, you'll find a welcoming village teahouse to rest for the evening, surrounded by beautiful mountain views.

Day 12: Trek to Chisapani (2,165m)-5 Hours

After breakfast, continue trekking along scenic forested ridges surrounded by tall pine and rhododendron trees. The trail gently ascends and descends, winding through peaceful natural landscapes filled with bird songs and occasional wildlife sightings. As you approach Chisapani, a charming hilltop village, you'll be rewarded with stunning panoramic views of the Himalayan range. Chisapani is renowned for its beautiful sunset vistas, where the fading sunlight paints the snow-capped peaks in shades of orange and pink.

Day 13: Trek to Sundarijal (1,460m)-4 hours & Drive to Kathmandu - 1 hour

Complete your trek with a pleasant downhill walk to Sundarijal. From here, a short drive takes you back to your hotel in Kathmandu.

Inclusions:

- Transportation: Private jeep or local bus from Kathmandu to Syabrubesi and return from Sundarijal to Kathmandu
- Accommodation During Trek: Basic tea house/lodge stays in twin-sharing rooms
- Porter Service: 1 porter for every 2 trekkers (carrying up to 20–22 kg combined)
- Permits: All necessary trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Support Staff Costs: Guide and porter wages, food, accommodation, and insurance
- Government Taxes: All applicable government and local taxes

Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch, and dinner with tea/coffee during trekking days
- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Meals in Kathmandu: Lunch and dinner in the city
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry
- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)

Best time for the Langtang Gosaikunda Trek

The Langtang Gosaikunda Trek can be enjoyed year-round, but the best seasons to visit are spring (March to May) and autumn (September to November). These periods offer the most favorable weather conditions, clear skies, and stunning mountain views.

Spring (March to May): This season brings blooming rhododendrons, wildflowers, and moderate temperatures, making the trails colorful and vibrant. Days are warm, and nights are cooler but comfortable for trekking.

Autumn (September to November): After the monsoon, the air is fresh and clean, providing spectacular views of the Himalayan peaks. This is the most popular trekking season due to stable weather and pleasant temperatures.



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