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## Langtang Gosaikunda Trek

- Duration: 13 Days Days
- Max Altitude: 5,184 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

## Highlights

1, Langtang Gosaikunda Trek: The trek starts from Syabrubesi and takes you through the beautiful Langtang Valley. The valley is known for its picturesque landscapes, lush forests, and charming villages. The trail offers stunning views of snow-capped peaks, terraced fields, and flowing rivers.

2, Kyanjin Gumpa: Kyanjin Gumpa is a significant Buddhist monastery at 3,870 meters. It serves as a spiritual and cultural hub in the Langtang Valley. The monastery provides insight into Tibetan Buddhist traditions and offers panoramic views of the surrounding mountains, including Langtang Lirung.

3, Langtang National Park: The Langtang Gosaikunda Trek takes you through the Langtang National Park, which is rich in biodiversity. The park is home to various wildlife species, including the elusive red panda, Himalayan tahr, musk deer, and numerous bird species. You can also witness diverse flora, including rhododendrons and bamboo forests.

4, Gosainkunda Lakes: The trek leads to the sacred Gosainkunda Lakes, a cluster of high-altitude lakes at 4,380 meters. According to Hindu mythology, these lakes are believed to be formed by Lord Shiva's trident. The lakes hold great religious significance and attract pilgrims during the full moon festival in August.

5, Panoramic Mountain Views: Gosaikunda and Langtang trek, you will be treated to breathtaking views of the Himalayan mountain range. Peaks such as Langtang Lirung, Dorje Lakpa, Ganesh Himal, and Langshisa Ri dominate the skyline. The sunrise and sunset views over these majestic peaks are truly awe-inspiring.

6, Tamang Culture and Villages: The Langtang region is predominantly inhabited by the Tamang ethnic group, known for its rich cultural heritage. Along the trek, you can visit traditional Tamang villages, interact with friendly locals, and experience their unique customs, music, and warm hospitality. The traditional Tamang cuisine is also a delight to savor with the Langtang Gosaikunda trek.

7, Tserko Ri Summit: Tserko Ri is a popular viewpoint situated at an altitude of 4,984 meters. It offers a challenging but rewarding side trip from Kyanjin Gumpa. You can witness a panoramic vista of the Langtang Valley from the summit, surrounding peaks, and glaciers.

8, Hot Springs at Tatopani: Langtang Valley Gosaikunda trek the return leg of the trek, you pass through Tatopani, which translates to “hot water” in Nepali. Here, you can relax and rejuvenate your tired muscles in the natural hot springs, providing a soothing experience after the Langtang Gosaikunda trek.

## Overview

The Langtang Gosaikunda Trek is a fascinating journey into the heart of the Himalayas, rich in diverse landscapes and cultural experiences. Langtang Gosaikunda Trek expertly weaves together Nepal’s natural and spiritual tapestry, offering breathtaking views of towering mountains, verdant forests, quaint villages, and the sacred Gosaikunda Lake.

## How to reach Kathmandu Syabru Besi

Langtang Valley and Gosaikunda trek with a scenic drive from Kathmandu to Syabru Besi, the gateway to Langtang Valley. This journey gives trekkers a glimpse into Nepal’s rural life and Tamang culture, presenting a stark contrast from the hustle and bustle of the capital city.

From Syabru Besi, the trail ascends through dense forests teeming with various flora and fauna. The [Langtang National Park](#) is home to several exotic and endangered species, like red pandas and snow leopards, making this trek section a paradise for wildlife enthusiasts.

As the trek progresses, trekkers pass through charming Tamang and Sherpa villages. The traditional stone-built houses, terraced fields, and Buddhist monasteries bear testament to the rich culture and traditions of the indigenous people. Langtang Village, Kyanjin Gumpa, Lama Hotel, and Thulo Sabru are some of the prominent settlements along the route.

When you reach the Langtang Valley, trekkers are greeted with panoramic views of the Himalayas, including Langtang Lirung, the highest peak in the Langtang range. The trail to the Gosaikunda Lake winds through alpine meadows and yak pastures, presenting a more rugged and desolate landscape.

Gosaikunda Lake, situated at an altitude of 4380 meters, is the crown jewel of this trek. Surrounded by towering peaks, this sacred lake is a pilgrimage site for Hindus and Buddhists. The trek coincides with the Janai Purnima festival in August when thousands of pilgrims visit the lake.

## Langtang Gosaikunda Trek Cost

The Langtang Gosaikunda Trek varies significantly based on several factors. Typically, you can expect to pay anywhere between USD 600 to \$1200 per person. The cost includes permits, transportation, accommodation, meals, and the services of guides and porters. However, costs can be higher during peak trekking seasons or if additional services are requested.

# Langtang Gosaikunda Trek Itinerary

Regarding the itinerary, the Langtang Gosaikunda Trek can be completed in about 12 to 14 days, including acclimatization days. The trekking days can be as short as four to eight hours, depending on the daily altitude gain and personal pace. The trail is well-marked, but hiring a guide or porter can make the journey more comfortable and informative.

## Langtang Trek Highlights

Langtang Gosaikunda trek highlights include the stunning Langtang Valley, the serene Gosaikunda Lake, the warm hospitality of the Tamang and Sherpa people, the vibrant wildlife of Langtang National Park, and the panoramic views of the Himalayas. A detailed Langtang Gosaikunda trek map is essential for planning and navigation, providing critical information about the route, teahouses, and points of interest.

In conclusion, the [Langtang Gosaikunda Lake trek](#) is an enthralling journey that combines natural beauty, cultural richness, and spiritual significance. The diverse landscapes, serene Gosaikunda Lake, majestic Himalayan vistas, and the charm of the local communities make this trek an unforgettable experience for any adventurer who loves Nepal and Langtang Valley and the Gosaikunda trek.

Day 01

### **Drive to Sybrubensi (1,450m) |6 Hrs| O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner**

We will start the day by busing to Sybrubensi via Trishuli Bazar and Dhunche. You will have the backdrop of Mt. Annapurna II (7937m), Manaslu (8156m), and Ganesh Himal (7422m) along the way - as well as scenic hills, rivers, and villages.

Day 02

### **Trek to Lama Hotel (Changtang) (2,480m) |6 Hrs| O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

Today we will trek along the Langtang River and cross the suspension bridge, where the trail ascends to Paira Lodge. After ascending further to Ramche, we will reach the Lama Hotel. Here you can enjoy the serenity of wilderness as you walk through the Langtang National Park, and if you're lucky, you might even spot the endangered red pandas or Himalayan Black Bears for which the area is famed.

Day 03

### **Trek to Langtang village (3,541m) |7 Hrs| O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

Today we gradually climb to Ghoda Tabela, passing through a forest of hemlocks, oaks, maples, and rhododendrons with the spectacular sight of Mt. Langtang Lirung (7,244m) as our backdrop. Leaving Ghoda Tabela, the path takes you to the wonderful Langtang Khola, climbing gradually through the Langtang village (3,500m). Explore the rich cultural heritage of the Tamang community in Langtang village while enjoying the backdrop of snow-capped mountains.

Day 04

## **Trek to Kyanjin Gomba (3,900m)| 4 Hrs |O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

Start the day by slowly trekking uphill, with the beautiful scenery of Langtang Lirung (7234m), Langshisa Ri (6427m), and other mountains as your view. Once at Kyanjin, you will visit the traditional cheese factory and famous Gomba. The preserved Buddhist architecture of Kyanjin Gomba, decorated with multi-coloured prayer flags amidst the mountains, makes it a sight to remember.

Day 05

## **Day trip to Tserko Ri (5,150m) |6 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

Day 5 begins with a short walk around Kyanjin and a hike to Tserko Ri, which passes through yak pastureland. Tserko Ri offers a magnificent panorama of the mountains and a bird's eye view of the Langtang Valley. After spending some time in Tserko Ri, we will return to Kyanjin.

Day 06

## **Trek to Lama Hotel (2,480m) |7 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

Today we follow the Langtang River to Langtang village and pass through the vast meadows of Ghoda Tabela as we retrace our way back to Lama Hotel through forests of oak, fir, and pine trees.

Day 07

## **Trek to Big Syabru (2,200m)|5 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

From Lama Hotel, the path descends along with the riverside landslide and then scales through juniper and pine forests until we reach the Thulo 'big' Syabru village. The view of Ganesh Himal (7422m) and Langtang range resting behind the Tamang village of Thulo Syabru is a spectacle that greets you as you arrive.

Day 08

## **Trek to Sing Gomba (3,584m) | 5 Hrs | O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner**

Past the schools and Gumbas, the road scales through a forest of hemlock and oak until it leads you to Dursagang (2660m). Enjoy the view of Langtang Lirung (7234m), and Ganesh Himal (7422m) as the trail ascends to Sing Gomba. You might also get to see Langur monkeys playing inside the jungle. You can visit the well-preserved yak cheese factory and the Buddhist monastery in Sing Gomba.

Day 09

## **Trek to Gosainkunda (4,381m) |6 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

On day 11, you will trek gradually up to Lauribinayak (3920m) to see a panoramic view of the Nepalese and Tibetan Himalayan ranges. Continue to trek up to a small temple with a statue of Sakyamuni and enjoy magnificent views of Saraswati Kunda and Bhairav Kunda before reaching the holy lake of Gosainkunda.

Day 10

## **Explore higher lake (4,381m) |8 Hrs| O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner**

This tranquil lake surrounded by barren rocky hills makes it a sight to remember. Gosainkunda Lake is a pilgrimage site famous among Hindu devotees, where people come for various religious purposes. The lake is usually frozen during winter, making it all the more fascinating. You will spend the day soaking in the beauty of the pristine lake.

Day 11

## **Trek to return to Sing Gompa (3,584m)|5 Hrs| O/N at Tea House; meals provided: Breakfast, Lunch, and Dinner**

From Saraswati Kunda, ascend to a ridge and see exciting views of Langtang valley and Langtang Lirung (7234m) along with Himalchuli (7893m), Ganesh Himal (7422m), and Manaslu (8156m). Then we will descend to Sing Gompa, a small monastery and cheese factory.

Day 12

## **Trek to Dhunche (1,950m) |5 Hrs |, O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner**

We will trek down to Dhunche through the forest of oaks, firs, and mesmerizing rhododendrons. Dhunche is the district headquarter of Rasuwa, so it is a great place to explore.

Day 13

## **Return to Kathmandu|8 Hrs | O/N at 3-Star Hotel, Meals provided: Breakfast, Lunch, and Dinner**

Today we drive back to Kathmandu alongside The Trishuli River, passing through various settlements and vegetation on each side of the highway. Upon arrival, feel free to spend your last night enjoying and exploring the capital.

## **What To Expect?**

## What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Sybrubensi - Dhunche - Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

## What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance ( Rescue )
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking ( 2 person 1 Porter ).
- Personal shopping and laundry etc
- Personal trekking equipment

## FAQs

### Where is Langtang Gosainkunda Pass Trek?

### How Far Kathmandu to Sabrubenshi

The Langtang Gosainkunda Pass lies in the central north of Nepal. The starting point of the trek is Sybrubensi which is 80 kilometres from Kathmandu. From Sybrubensi to Kyanjing Gumpa and back is about 65 kilometers of walking. Back to Thulo Syabru, we shall trace a Gosainkunda trek route, about 40 km. On a return journey, we take the same path in Gosainkunda Trek Map back to Sing Gumpa and Dhunche. So, the total walk distance is 155 km, and the duration is 6 to 7 hours each day. One can also reach the lower Langtang region, Making it a complete [Langtang Gosainkunda Helambu Trek](#).

### How long is Gosainkunda rek?

The standard Langtang Gosainkunda Trek Itinerary by MyEverestTrek, this is a 16 days trip ( including arrival and departure dates). However, if you are willing to book the journey from Kathmandu, the trip will take about 14 days. It includes two exploration days in Kyanjing Gumpa and Gosainkunda. If you skip this exploration day and show the ability to trek quickly, Langtang and Gosainkunda Trek can be

completed in about nine days. Or you will need about five days from Kathmandu to trek to Gosaikunda.

We also receive many inquiries about the short Gosaikunda Trek from Kathmandu.

## **Gosaikunda Trek 3 days**

Trekking to Gosaikunda and back in 3 days is nearly impossible. However, if you drive to Dhunche and walk for a few hours on the same day to stop at a village between Dhunche and Chandanwari, you can reach Gosaikunda on 2nd day. On the 3rd day, you can return to Dhunche and get a Jeep to Kathmandu. This sense is a once-a-lifetime journey, so we don't suggest such a rush to Gosaikunda. Instead, look for other [short treks in Nepal](#).

## **Gosaikunda Trek 4 days**

- Day 1: Drive to Syarubensi or Dhunche
- Day 2: Trek to Chandanwari
- Day 3: Trek to Gosaikunda
- Day 4: Trek to Dhunche and get a jeep to Kathmandu

Note: Getting back to Kathmandu on the same day is hard, and you must hire a private Jeep. This is why trekkers make it a days trip so that they can get a public bus on the morning of 5th day

## **Gosaikunda Trek 5 days**

- Day 1: Drive to Syarubensi or Dhunche
- Day 2: Trek to Chandanwari
- Day 3: Trek to Gosaikunda
- Day 4: Trek to Dhunche
- Day 5: Drive to Kathmandu

Read the complete [Langtang Trek Guide](#) for Food and accommodation.

## **How to reach Gosaikunda from Kathmandu?**

To start the Gosaikunda trek from Kathmandu, you shall first drive to Syabrubesi. This is about 80 km north of Kathmandu. You can get a public vehicle or hire a private Jeep from Kathmandu. The public bus or Jeep can be found in Gongabu Bus Park, about 10 km from the airport. In the morning, you can also catch this bus from Kalanki, but it's better to get the bus from Kathmandu to Syabrubensi at Gongabu Bus Park. The bus costs about \$10. The public bus mostly leaves in the morning, but the time is unknown. So, be there by 8 am.

However, public vehicles are uncomfortable (the seats are small) and often crowded. Thus, it would be best to get a Jeep on sharing basis or hire a private car from [Kathmandu](#)—a jeep cost about \$30 per person.

From Syabrubesi, the remaining journey to Gosaikunda is in feet. First, you need to walk to Sing Gompa and then to Gosaikunda. You can rest here for a day or get to a higher lake for a bird's eye view of the lake and then walk down to Ghopte, Melanche Ghyang, Tarkeghyang, Kakani, and Melamchi Bazar. This is a longer route set by MyEverestTrip, and you can also find a minor way.

## **Additional Information**

### **Langtang Gosainkunda Trek Cost**

The 13-day Langtang Gosaikunda treks cost you \$970 with the MyEveryTrip package. This cost includes accommodation, food, a porter, a guide, transportation, and a permit.

The Langtang Gosainkunda Trek costs an independent traveler \$600 to \$1200. If you can complete the trek in about eight days, the price will be as low as \$600. However, the Langtang Gosainkunda Trek for nine days adds a lot of Langtang Trek difficulty while you are walking in the Himalayas. For Solo travelers, a comfortable trek with private transportation, a guide, and a porter can cost up to \$1200 for 13 days.

The cost of the Langtang Valley Gosainkunda Trek can be classified as the Price for accommodation in Langtang: \$4 to \$7 per night.

**Price for food: \$25 to \$30 per day**

**Cost of transportation: \$40 ( public bus) to \$300 (private car)**

**Cost of the guide: \$25 to \$30 per day**

**Cost of porter: \$15 to \$20 per day**

**Cost of Langtang Trek permit: \$40 to \$50**

**Other costs: About \$200**

### **Langtang Trek permit**

Firstly, you will need a Visa to Nepal. A visa can be issued at the airport upon arrival or at other entry points, costing USD 30 for 15 days and USD 50 for 30 days.

Two other permits are needed for the Langtang Valley Trek. The first one is a TIMS card that can be issued in Kathmandu. Our travel agency in Thamel (MyEverestTrip) can arrange these cards for you, costing \$10 for a group trip and \$20 for a Solo Trip. This TIMS card helps the government track travelers in the Langtang region. The other permit is the Langtang National Park permit. You must buy an entry ticket since you will cross via Langtang National Park. The National Park entry ticket costs NPR 3000 with VAT. This money goes for the conservation of wildlife in the Langtang National Park area and is the money spent for a cause.

### **Sudarijal to Gosainkunda trek route**

If you find driving to Syabrubesi unnecessary, you can also trek to Gosaikunda from Sundarijal, about a 45-minute drive from the airport. Here's Sudarijal to Gosainkunda trek Itinerary



**Day 1: Drive to Sundarijal and Trek to Chisapani (2,167 m)**

**Day 2: Chisapani to Tuksang 6 hrs / 3,180 m**

**Day 3: Tuksang to Ghopte - 7 hrs / 3,340 m**

**Day 4: Ghopte to Gosaikunda - 7 hrs**

Day 5: Gosaikunda to Dhunchhe - 6 hrs / 1,764 m

Day 6: Drive back to Kathmandu

Almost all Nepal trekking regions can be explored best during autumn and Spring. The clear and distinct view of Autumn (Spt to Nov) makes it the most magical season for Langtang Gosainkunda Trek. Similarly, the colorful blooms of wildflowers in Spring are equally magical. The temperature of these months is also warm enough for the trek, and there's little chance of snowfall and rainfall. The only problem is the overbooking of accommodations on the Langtang Gosainkunda Trek route. So make sure that you contact them in advance. It's also time to explore the festival and Tamang culture of Langtang.

Winter In Langtang and Gosaikunda trek is even more magical as the whole area above Lama Hotel is covered in snow. Even the trek in December, January, and February are possible, but it's risky due to the snow. Due to the slippery trail, the Gosainkunda trek route is also hard to conquer in summer (monsoon). However, since the altitude of this Langtang Gosainkunda Pass Trek is not that high, it can be done throughout the year with the proper guidance from the MyEverestTrip team.

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the

package has to be discouraged).

- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## Map



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