

Langtang Gosaikunda Trek - 12 Days

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March/ April/May/Jun/Aug/Sep/Oct/Nov

Max Elevation: 4,380 m

“Venture into the remote highlands of the Langtang National Park, where high adventure meets timeless spirituality in the heart of the Himalayas. It’s here that you’ll discover the holy Gosaikunda lakes on this bold 12-day trekking itinerary.”

Experience one of the most spiritual treks in Nepal

High in the mountains of Nepal’s Langtang National Park rests a collection of 108 holy lakes: an auspicious number for followers of the Hindu and Buddhist faiths.

Chief amongst them is Gosaikunda Lake itself, which is revered as the abode of the deities Shiva and Parvati. At certain times of the year, thousands of pilgrims make the arduous trek into these highlands to visit this lake, make sacred offerings, and cleanse their spirits by bathing in its cold waters.

And whether you’re seeking spiritual enlightenment of your own, inner peace in the sanctuary of the mountains, or just a rousing adventure in the Himalayas, you too can join Alpine Ramble Treks on this extraordinary Langtang trek. Our 12-day Langtang Gosaikunda Trek represents a welcome alternative to some of the more popular treks in Nepal, like the Annapurna Base Camp Trek or Everest Base Camp Trek.

On this adventure, you’ll enjoy crowd-free trails and go beyond the tourist zone to have an

authentic Himalayan experience.

What can you expect on the Langtang Gosaikunda Trek?

Trekking in Nepal offers an unforgettable combination of Himalayan culture and high-altitude hiking—and our Langtang Gosaikunda Trek is no exception. The adventure begins with an exciting drive from the capital city of Kathmandu to the trailhead at Syabrubesi. From here, our route plunges directly into the mountains of the Langtang Himal, traversing alpine landscapes of wondrous beauty.

The communities of the Langtang region have bravely rebuilt in the wake of the devastating 2015 earthquake, and you'll enjoy comfortable teahouse-style accommodations in each of the friendly mountainside towns we'll visit throughout the course of the trek.

The Langtang region supports a striking array of distinct ecosystems, from subtropical lowland jungles to frozen mountain trails.

You'll experience the full range of this diversity as you trek from Syabrubesi to Kyanjin Gumpa: arguably the most beautiful village in the entire Langtang Valley, where you'll earn uninterrupted views of spectacular Himalayan summits like Langtang Lirung, Dorje Lhakpa, and Loenpo Gang.

Enrich your cultural experience on the Langtang Gosaikunda Trek

The splendid environs of the Langtang Valley are populated chiefly by people of the Tamang ethnic group, and Buddhism represents an important facet of their culture. During your Langtang Gosaikunda trek, you'll learn more about the unique language, social

customs, and dress of these friendly locals, and your guide from Alpine Ramble Treks will help to facilitate an organic and authentic cultural experience.

You'll quickly become acquainted with the evidence of Tibetan influence in this part of Nepal, from the ubiquitous prayer flags strung from high-altitude mountain passes to the ancient monasteries scattered here and there across the mountains.

The opportunity to forge genuine connections with the locals of the Langtang Valley is sure to rank among your fondest memories of trekking in Nepal. If you'd like to learn more about the Langtang Gosaikunda Trek or to get started on planning your own adventure.

Best Time of Year for the Langtang Gosaikunda Trek

The Langtang Valley is beautiful at any time of year, but the seasons of autumn and spring are the best for actually embarking upon the Langtang Gosaikunda Trek.

Autumn occurs between the months of September and November, promising clear mountain views, blue skies, and comfortable weather.

If you prefer to travel during the spring months of February through May, you'll be rewarded with the sight of rhododendrons blooming brilliantly across the alpine slopes of the Langtang Valley.

Nepal's annual monsoon during the months between June and August brings heat and heavy rainfall to the valley, but intrepid travelers will enjoy the mysterious fog-bound atmosphere and the relative solitude of the trails at this time of year.

While it's possible to trek in the Langtang Valley during the winter, deep snow can make it difficult to reach the high-altitude Gosaikunda lakes. If you're traveling in this region during the winter, we recommend the lower-altitude [Helambu Circuit Trek](https://www.alpineramble.com/helambu-circuit-trek) (<https://www.alpineramble.com/helambu-circuit-trek>)

or **Tamang Heritage Trail** (<https://www.alpineramble.com/tamang-heritage-trail-10-days>) .

As always, you can rely on the experts at Alpine Ramble Treks to put together an incredible trekking itinerary at any time of year. Reach out to us with any questions day or night via WhatsApp at +977 9851175531.

Langtang Gosaikunda Trek Difficulty

In addition to its captivating natural scenery and friendly locals, one of the best qualities of the Langtang Valley is its accessibility from Kathmandu.

Our 12-day Langtang Gosaikunda Trek itinerary kicks off with a scenic drive from the capital city to the trailhead at Syabrubesi, skipping costly commercial flights and overnight transfers. Each day in the Langtang Valley brings you through charming villages, terraced fields of cultivation, and lush woodlands of pine and bamboo.

We'll even climb to almost 5,000 meters in altitude to enjoy spectacular mountain views from the Buddhist community of Kyanjin Gompa.

However, the Langtang Gosaikunda Trek is a moderately difficult physical challenge, and it's possible to experience acute mountain sickness or AMS, on this itinerary. It's important to prepare for your trek with regular cardiovascular exercise, such as running or walking.

Your guide from Alpine Ramble Treks has plenty of experience in these mountains and will be there to ensure that you don't overexert yourself on this 12-day itinerary. If you remember to hike at your own pace and heed your guide's advice, you're sure to have an unforgettable adventure here in Nepal's Langtang Valley.

Additional Benefits

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

Highlights

- Explore the lush and wild landscapes of the Langtang National Park.
- Achieve remarkable mountain panoramas from Laurebinayak Pass (4,610 meters).
- Make your own pilgrimage to the holy lakes of Gosaikunda.
- Enter Nepal's Helambu region, where you'll find uncrowded trails and beautiful views.
- Enjoy authentic cultural encounters at family-owned teahouses and trekking lodges.

Please note: The trekking times indicated below are approximate and are best used as general guidelines. During the Langtang Gosaikunda Trek, you'll be able to travel freely at your own pace.

Day to Day Itinerary

- Day 1: Drive from Kathmandu to Syabrubesi (8 hours)
- Day 2: Trek from Syabrubesi to Lama Hotel (6 hours)
- Day 3: Trek from Lama Hotel to Langtang village (5 hours)
- Day 4: Trek from Langtang village to Kyanjin Gumpa (3 hours)
- Day 5: Trek from Kyanjin Gumpa to Lama Hotel (6 hours)
- Day 6: Trek from Lama Hotel to Thulo Syabru (5-6 hours)
- Day 7: Trek from Thulo Syabru to Shin Gumpa (3-5 hours)
- Day 8: Trek from Shin Gumpa to Gosaikunda (5-6 hours)
- Day 9: Trek from Gosaikunda to Gopte via Laurebinayak Pass (6-8 hours)
- Day 10: Trek from Gopte to Kutumsang (6-7 hours)
- Day 11: Trek from Kutumsang to Chisapani (5-6 hours)
- Day 12: Trek from Chisapani to Sundarijal (3 hours), then drive to Kathmandu (1 hour)

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Langtang national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek

- Assistant guide for group 6 or above
- All the ground transportation including from Kathmandu- Syaprubesi- Kathmandu
- Supplementary snacks: energy bar, crackers, cookies, etc.
- Seasonal fresh fruits dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat, and official Expenses

Route Map

12
DAYS

Langtang Valley Gosaikunda Trek



Legend

Difficulty level: Moderate
 Max Altitude: 3800m
 Driving Route:
 Trekking Route:
 Secondary Route:



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Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuwan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Tipping (expected by guide and staffs- recommended by Nepalese culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.