



Gosaikunda trek

Trip Facts

Difficulty Moderate	Max Altitude 4,380m/14,370ft	Accommodation Standard Hotels (Kathmandu) & Local Teahouses (Trek)	Meals
Activity Trekking	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 5-7 Days

Trip Overview

The Gosainkunda Trek is one of Nepal's most celebrated short, high-altitude pilgrimage journeys, located inside the protected boundaries of Langtang National Park. Easily accessible by a short overland drive north of Kathmandu—requiring no domestic flights—this moderate-to-strenuous trail is perfect for trekkers with limited time who want to experience the raw power of the high Himalayas.

The journey climbs steeply through dense oak, pine, and blooming rhododendron forests before breaking past the tree line into an alpine landscape of stark, majestic beauty. The ultimate destination is the collection of sacred, sky-blue alpine lakes at Gosainkunda (4,380m). Revered deeply by both Hindu and Buddhist pilgrims, these pristine waters are wrapped in ancient mythology and surrounded by snow-capped peaks.

Spanning just 5 to 7 days, this short trek packs an incredible punch, offering jaw-dropping panoramic views of the Langtang and Ganesh Himal ranges from the Laurebina viewpoint. Staying in cozy, local teahouses along the ridge, you will experience authentic mountain hospitality and mountain vistas without the heavy commercial crowds of larger trekking circuits.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Drive from Kathmandu to Drive from Kathmandu to Dhunchee

Difficulty	Max altitude 1,960m/6,430ft	Accommodation	Meals
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Day 3 - Trek from Dhunche to Chandan Bari (Shin Gompa)



Difficulty	Max altitude 3,300m/10,827ft	Accommodation	Meals
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Day 4 - Trek from Chandan Bari to Laurebina View point to Gosainkunda Lakes

Difficulty	Max altitude 4,380m/14,370ft	Accommodation	Meals
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Day 5 - Explore the Sacred Lakes & Trek Down to Chandan Bari

Difficulty	Max altitude 3,300m/10,827ft	Accommodation	Meals
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Day 6 - Trek down to Dhunchee from Chandanbari

Difficulty	Max altitude 1,960m/6,430ft	Accommodation	Meals
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Day 7 - Drive back to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 8 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Ground Transfer (From & Kathmandu/Dhunchee)
- Required Permits & Fees: 1. Langtang National Park Entry Permit. 2. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 5 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.



- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.