



Langtang with Gosaikunda

Trip Facts

Difficulty Moderate	Max Altitude 4,984m/16,352ft	Accommodation Standard Hotels (Kathmandu) & Local Teahouses (Trek)	Meals
Activity -	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 10-14 Days

Trip Overview

The Langtang Valley with Gosainkunda Trek is a spectacular combination journey that merges Nepal's "Valley of Glaciers" with its most sacred high-altitude alpine lakes. Located just a short drive north of Kathmandu—requiring no domestic flights—this moderate-to-strenuous journey takes trekkers deep into the protected wilderness of Langtang National Park.

The trail climbs through lush rhododendron forests inhabited by the rare Red Panda before opening into a wide glacial arena dominated by Langtang Lirung (7,234m). After exploring the cultural hub of Kyanjin Gompa (3,870m) and climbing the viewpoints of Kyanjin Ri or Tserko Ri, the route branches upward into the clouds. Trekkers arrive at the holy Gosainkunda Lakes (4,380m), a serene pilgrimage site steeped in Hindu and Buddhist mythology.

Spanning 11 to 14 days, this beginner-to-intermediate friendly loop tests your endurance as you conquer the thrilling Laurebina Pass (4,610m) before descending through traditional Sherpa villages. It is the perfect trek for adventurers seeking diverse ecosystems, rich Tamang and Sherpa culture, and massive Himalayan scale completely free from commercial flight delays.

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 Syabrubesi (1,440m)

Difficulty	Max altitude 1,440m/4,724ft	Accommodation	Meals
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Day 3 - Trek from Syabrubesi to Lama Hotel



Difficulty	Max altitude 2,470m/8,104ft	Accommodation	Meals
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Day 4 - Trek from Lama Hotel to Langtang Village

Difficulty	Max altitude 3,430m/11,253ft	Accommodation	Meals
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Day 5 - Trek from Langtang Village to Kyanjin Gompa

Difficulty	Max altitude 3,870m/12,697ft	Accommodation	Meals
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Day 6 - Exploration Day (Climb Kyanjin Ri or Tserko Ri)

Difficulty	Max altitude 5,033m/16,512ft	Accommodation	Meals
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Day 7 - Trek back from Kyanjin Gompa to Rimche

Difficulty	Max altitude 2,399m/7,871ft	Accommodation	Meals
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Day 8 - Trek to Thulasyabru from Rimche

Difficulty	Max altitude 2,230m/7,316ft	Accommodation	Meals
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Day 9 - Trek to Shin Ghumba from Thulasyabru

Difficulty	Max altitude 3,250m/10,663ft	Accommodation	Meals
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Day 10 - Trek to Gosaikunda from Shin Ghumba

Difficulty	Max altitude 4,380m/14,370ft	Accommodation	Meals
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Day 11 - Trek down to Dhunchee from Gosaikunda

Difficulty	Max altitude 1,960m/6,430ft	Accommodation	Meals
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Day 12 - Drive back to Kathmandu

Difficulty	Max altitude 1,960m/6,430ft	Accommodation	Meals
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Day 13 - Free day for self exploration.



Day 14 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Ground Transfer (From & Kathmandu/Sybrubesi or 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 9 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.

Availability

Date	Duration	Price	Seats
5 Nov 2026 - 17 Nov 2026	12 Days	\$ 1049	1 Space available

FAQs

How difficult is this combined trek compared to just the Langtang Valley?



This trek is classified as strenuous. While the Langtang portion is moderate, adding Gosaikunda requires crossing the Lauribina Pass (4,610m). The trails here are steeper, rougher, and demand a much higher level of cardiovascular fitness and leg endurance.

What is the highest point on this route?

The highest point reached on the trail is the Lauribina Pass at 4,610 meters (15,124 feet). If your clients choose to climb Kyanjin Ri during the Langtang phase, they will also reach 4,773 meters (15,659 feet).

How many days does the combined trek take?

The complete circuit typically takes 14 to 16 days round-trip from Kathmandu. This allows for proper acclimatization in Langtang before tackling the steep ascent to the high-altitude lakes and the pass.

Is the risk of Altitude Sickness higher on this trek?

Yes. Because you spend multiple consecutive days above 3,800 meters and cross a 4,610-meter pass, the risk of Acute Mountain Sickness (AMS) is higher than on the standalone Langtang trek. We design our itineraries with a built-in acclimatization stop in Langtang first to safely prepare your body for Gosaikunda.

What permits are required for this combined route?

Trekkers require the Langtang National Park Entry Permit and a TIMS Card. Unlike other regions, you do not need separate park permits for Gosaikunda, as both areas fall under the jurisdiction of Langtang National Park.

How cold does it get at the Gosaikunda Lakes?

The lakeside teahouses sit at 4,380 meters, making nights significantly colder than in the Langtang Valley. During the trekking seasons (Spring and Autumn), nighttime temperatures at Gosaikunda regularly drop below freezing, ranging from 0°C to -10°C (32°F to 14°F). A 4-season sleeping bag is highly recommended.

Can this trek be done during the winter or monsoon seasons?

We do not advise it. During winter (December–February), heavy snow frequently blocks the Lauribina Pass, making crossing dangerous or impossible. During the monsoon (June–August), the steep trails suffer from heavy landslides and leeches.