

Langtang Gosaikunda Trek

3 Star Hotel Package

2353^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2672^{USD}
per person

*Including healthy meals

Trip Style: Trekking



Trip Difficulty: Moderate to hard

Langtang Gosaikunda Trek: A Harmonious Journey of Nature, Culture, and Spirituality

The [Langtang Gosaikunda Trek](#) stands as a popular trekking destination in the Himalayas of Nepal, seamlessly combining the scenic Langtang Valley with the revered pilgrimage site of Gosainkunda Lake. This trek, starting in Syabrubesi, involves a 7-8 hour drive from Kathmandu, covering approximately 117 km (73 miles). The trail meanders through enchanting forests, terraced fields, and picturesque villages, providing captivating views of the Himalayas. Interactions with friendly locals offer insights into their rich culture and way of life.

The highlight of the trek is the sacred Gosainkunda Lake, a revered pilgrimage site for both Hindus and Buddhists. According to Hindu mythology, Lord Shiva created the lake, and it is believed that a dip in its icy waters can cleanse sins. Annually, thousands of pilgrims visit during the full moon festival of Janai Purnima in August to take a holy bath and pay their respects.

The trek extends the exploration to the beautiful Helambu region, known for its apple orchards and charming villages. Sundarijal marks the trek's end, where a refreshing dip in the waterfall awaits before returning to Kathmandu. Undoubtedly, the **Langtang and Gosaikunda Trek** is a must-do for its unparalleled blend of natural beauty, cultural immersion, and spiritual significance in the region.

Top 7 Highlights of Langtang Gosaikunda Trek:

1. Explore the breathtaking landscapes of the Langtang Valley, surrounded by majestic Himalayan peaks.
2. Begin your trek in the charming town of Syabrubesi, embarking on a 7-8 hour drive from Kathmandu.
3. Reach the sacred Gosaikunda Lake, a revered pilgrimage site for Hindus and Buddhists, believed to be created by Lord Shiva.
4. Witness the annual pilgrimage during the full moon festival of Janai Purnima in August, where thousands take a holy bath.
5. Extend your journey to the beautiful Helambu region, known for its apple orchards and picturesque villages.
6. Immerse yourself in captivating views of the Himalayas, enchanting forests, terraced fields, and picturesque villages along the trail.
7. Conclude the trek in Sundarijal, enjoying a refreshing dip in the waterfall before returning to Kathmandu.

DURATION: 18 days

ITINERARY

Day 01:: Arrive Kathmandu (4,265 feet / 1,300 meters) Transfer to Hotel

Arrive in Kathmandu and check into your hotel. Spend the day exploring the city and preparing for your trek.

Day 02:: Half day city tour of Kathmandu (4,265 feet / 1,300 meters)

Take a day to explore the city and visit some of its famous landmarks, including Durbar Square, Swayambhunath Stupa, and Boudhanath Stupa.

Day 03:: Drive to Syabrubesi (7,665 feet / 2,336 meters), overnight at Lodge

The drive from Kathmandu to Syabrubesi is an adventure in itself, as you wind through scenic countryside and pass through small towns and villages. Although the journey can be bumpy and dusty in some sections, the stunning mountain views and beautiful landscapes make it all worthwhile. At Mountain Sherpa Trekking, we understand the importance of a comfortable ride, and that's why we provide private Jeeps with experienced drivers to ensure a smooth and safe journey. Along the way, there are several pit stops for snacks, meals, and restroom breaks, making the journey as comfortable and convenient as possible. Let us take care of your transportation needs, so you can focus on enjoying the incredible scenery and preparing for your trek.

Overnight at Green Hill Lodge or Old Namaste.**Day 04:: Trek from Syabrubesi to Sherpa Gaau (8,482 feet / 2,585 meters)**

The first day of the Langtang Gosaikunda Trek involves a trek from Syabrubesi (4,610 feet / 1,405 meters) to Sherpa Gaau (8,482 feet / 2,585 meters). The trek starts with a descent to the Bhote Koshi River, followed by a gradual ascent through terraced fields and lush forests. The trail passes through several small villages, providing an opportunity to interact with the locals and experience their traditional lifestyle. As you climb higher, the views of the surrounding mountains, including Langtang Lirung and Ganesh Himal, become more spectacular. After a total trekking time of around 6-7 hours, you will reach Sherpa Gaau, where you can rest and acclimatize to the higher altitude. Sherpa Gaau is a small Sherpa village located at an altitude of 8,482 feet (2,585 meters), and it offers stunning views of the surrounding mountains and valleys.

The village is known for its traditional Sherpa culture, and you'll have the opportunity to interact with the friendly locals and learn about their customs and traditions. There are several guesthouses and teahouses in Sherpa Gaau, providing basic accommodation and meals for trekkers.

Overnight stay in Namaste Guest House or Old Tibet Lodge**Day 05:: Trek from Sherpa Gaau to Thangshyap (9,642 feet / 2,939 meters)**

The trek from Sherpa Gaau to Thangshyap is a beautiful and scenic journey through the mountains of Nepal. Starting from the village of Sherpa Gaau, at an elevation of 9,642 feet (2,939 meters), the trail takes you through lush forests and picturesque valleys, with stunning views of the surrounding peaks.

As you hike higher, you'll pass through charming villages and interact with the friendly locals, who are always happy to share their culture and traditions. You'll have the opportunity to witness the daily life of the people living in these remote mountain villages and learn about their unique way of life.

The trek is moderately challenging, with some steep ascents and descents, but the stunning scenery and cultural experiences make it all worthwhile. Thangshyap, at an elevation of 9,642 feet (2,939 meters), is a small village surrounded by snow-capped peaks, and offers a peaceful and tranquil atmosphere for trekkers to rest and rejuvenate.

Overnight at Buddha Guest House.**Day 06:: Trek from Thangshyap to Mundu Village (11,482 feet / 3,500 meters)**

The trek from Thangshyap to Mundu Village is a stunning journey through the mountains of Nepal. Starting from the peaceful village of Thangshyap, at an elevation of 9,642 feet (2,939 meters), the trail gradually ascends through

lush forests and pastures, offering breathtaking views of the surrounding peaks.

As you hike higher, you'll pass through charming villages, interact with locals, and witness their daily way of life. You'll also get to experience the unique flora and fauna of the region, including rhododendron forests, wildflowers, and various bird species.

The trek is moderately challenging, with some steep climbs and rocky terrain, but the views of the Himalayas and the serene mountain atmosphere make it all worthwhile. Mundu Village, at an elevation of 11,482 feet (3,500 meters), is a small settlement with a few teahouses, and it offers a peaceful and authentic experience for trekkers.

Overnight at Everest Eco Lodge.

Day 07:: Trek Mandu Village to Kyanjin Gumba (12,664 feet / 3,860 meters)

The trek from Mundu Village to Kyanjin Gumpa is a picturesque journey through the Langtang Valley in Nepal. Starting from the small settlement of Mundu Village, at an elevation of 11,482 feet (3,500 meters), the trail follows the Langtang River, passing through dense forests, rugged terrain, and yak pastures.

As you hike higher, the trail offers stunning views of the surrounding peaks, including Langtang Lirung, Ganesh Himal, and Langshisa Ri. You'll also have the opportunity to interact with the friendly locals, learn about their culture, and visit the traditional cheese factory in Kyanjin Gumpa.

The trek is considered moderate in difficulty, with some steep climbs and rocky terrain, but the views and the peaceful mountain atmosphere make it a rewarding experience. Kyanjin Gumpa, at an elevation of 12,664 feet (3,860 meters), is a small Tibetan Buddhist monastery and village, surrounded by majestic peaks and offering stunning panoramic views of the Langtang range.

Overnight stay at Buddha Inn or Super View Lodge.

Day 08:: At Kyanjin, hike to Tserko Ri (16,728 feet / 5,100 meters) or Kyanjin Ri (14,370 feet / 4,380 meters)

At Kyanjin Gumpa, trekkers have the option to hike to either Tserko Ri or Kyanjin Ri, two stunning viewpoints that offer breathtaking panoramic views of the surrounding Himalayan peaks.

Tserko Ri is the higher of the two peaks, with an elevation of 16,728 feet (5,100 meters). The trek to the top of Tserko Ri is a challenging climb, but the views from the summit are worth the effort. From the top, you'll have a 360-degree view of the Langtang range, including Langtang Lirung, Dorje Lakpa, and Ganesh Himal. You'll also have the chance to see the Tibetan plateau in the distance.

Kyanjin Ri is a slightly shorter hike, with an elevation of 14,370 feet (4,380 meters). The trail is less steep than Tserko Ri, but still offers stunning views of the surrounding peaks, including Langtang Lirung, Langshisa Ri, and Dorje Lakpa. From the top of Kyanjin Ri, you can also see the Kyanjin Gumpa monastery and the traditional cheese factory.

Both hikes are considered moderate to challenging, with steep sections and rocky terrain. It's important to take proper precautions, such as acclimatizing properly and bringing adequate gear and supplies.

Overnight stay in Buddha Inn or super View lodge

Day 09:: Trek back to Thangshyap (9,642 feet / 2,939 meters)

After exploring Kyanjin Gumba, you will trek back to Thangshyap. The trail follows the same path as before, so you will retrace your steps through Langtang Village and Mundu Village. The trek back is relatively easier, as it is mostly downhill. You will also have the opportunity to enjoy the beautiful scenery once again, and perhaps even spot some wildlife along the way. Once you reach Thangshyap, you can relax and reflect on your journey through

the Langtang Valley.

Overnight at Buddha Guest House.

Day 10:: Trek from Thangshyap to Bamboo (7,874 feet / 2,400 meters)

After spending a night at Thangshyap, the trek continues downhill towards Bamboo. The trail descends through beautiful forests of rhododendron and bamboo, offering stunning views of the Langtang Himalayas. The trail can be steep and slippery in some sections, so it's important to watch your footing. Along the way, you'll pass through small settlements and cross several streams before reaching Bamboo, a small village nestled in a beautiful valley. Here, you can relax and enjoy the tranquil surroundings while reflecting on your journey so far.

Overnight at Tibet Guest house or similar

Day 11.: Trek from Bamboo to Thulo Syabru (6,926 feet / 2,110 meters)

After breakfast at Bamboo, the trek continues through dense forests of rhododendron and oak trees. The trail ascends and descends through a series of ridges and valleys, offering stunning views of the surrounding landscape. The trail can be steep and rocky at times, so it's important to watch your footing.

After a few hours of hiking, you'll reach the village of Rimche, where you can take a break and enjoy some tea or snacks. From Rimche, the trail continues through a beautiful forest, with occasional views of Langtang Lirung and other peaks in the distance.

As you approach Thulo Syabru, the trail becomes steeper and more challenging. You'll need to climb several sets of stairs to reach the village, which is located on a ridge overlooking the Langtang Valley. Thulo Syabru is a charming village with traditional houses and narrow streets. Here, you can rest and enjoy the local culture and hospitality, and perhaps take a short walk around the village to stretch your legs.

Day 12:: Trek from Thulo Syabru to Laurabina (11,942 feet / 3,640 meters)

The trek from Thulo Syabru to Laurabina covers a distance of approximately 7.5 miles (12 km) and takes around 5-6 hours to complete, depending on your pace and physical fitness.

The trail initially ascends through lush forests of rhododendron and oak, and passes through small villages like Foprang Danda and Cholang Pati. As you gain altitude, the views of the Langtang Himal and the Ganesh Himal range become more prominent.

After crossing the Cholang Pati pass (11,482 feet / 3,500 meters), the trail descends to the forested ridge and then ascends again to the top of the ridge. From here, the trail becomes steep and rocky as it leads to Laurabina. The altitude gain is significant as you climb over 2,000 feet (610 meters) in just a few hours.

Laurabina is a small settlement with basic lodges and tea houses. It offers stunning panoramic views of the surrounding mountains and is a popular stopover for trekkers heading towards Gosainkunda Lake or further into the Langtang region.

Day 13: : Trek from Laurabina to Gosaikunda lake (3-4 hrs) Altitude: 4,380m/14,370ft

After breakfast, you will start your trek towards Gosaikunda Lake, which is one of the most popular pilgrimage sites in Nepal. The trail goes through the beautiful forested area of the Langtang National Park, offering spectacular views of the Himalayan mountain ranges. The trail is steep and uphill, and you will be gaining altitude as you go higher. After around 3-4 hours of trekking, you will reach Gosaikunda Lake, which is located at an altitude of 4,380m/14,370ft. Gosaikunda Lake is a sacred lake for Hindus and Buddhists, and it is believed that taking a dip in the lake can wash away all sins.

Overnight Stay in best Lodge in Gosaikunda

Day 14:: Trek to Thadepati crossing Laurabina La Pass (4600m)

Altitude: 3,330m/10,925ft (Thadepati); 4,600m/15,090ft (Laurabina La Pass)

The trek from Laurabina to Thadepati involves crossing the high altitude Laurabina La Pass, which is located at an elevation of 4,600 meters or 15,091 feet. The pass offers breathtaking panoramic views of the surrounding Himalayan peaks, including Langtang Lirung, Ganesh Himal, Dorje Lakpa, and Gaurishankar. The trek is considered challenging due to the altitude and steep ascent and descent on rocky terrain. However, the stunning views and the sense of accomplishment upon reaching the pass make it all worth it. From the pass, the trail descends to the picturesque village of Thadepati, which is situated at an elevation of 3,680 meters or 12,073 feet.

Day 15.: Trek from Thadepati to Kutumsang 8,025ft/2,446m

Starting from the village of Thadepati at an altitude of 8,025 feet (2,446 meters), the trail winds through dense forests of rhododendron and oak trees, offering stunning views of the Himalayas.

As you descend towards Kutumsang, the trail passes through charming villages and terraced fields, providing an insight into the local culture and way of life. After around 5-6 hours of trekking, you will reach Kutumsang, which is located at an altitude of 2,446m/8,025ft. The town of Kutumsang is situated at an altitude of 8,025 feet (2,446 meters) and is known for its beautiful scenery and traditional architecture.

Along the way, trekkers may encounter local wildlife, including the Himalayan black bear and red panda. It is also common to meet friendly locals who are always willing to share their stories and experiences.

Day 16:: Trek from Kutmsang to Chisapani 2,165m/7,100ft

Today's trek is mostly downhill, and you will be passing through beautiful forests and terraced fields. The trail is relatively easy, and you will be able to enjoy the natural beauty of the area. After around 5-6 hours of trekking, you will reach Chisapani, which is located at an altitude of 2,165m/7,100ft. Chisapani is a beautiful village, and you will be able to relax and enjoy the natural beauty of the area.

Overnight Stay in best Lodge

Day 17:: Trek to Sundarijal, drive to Kathmandu

Today's trek is mostly downhill, and you will be passing through beautiful forests and terraced fields. The trail is relatively easy, and you will be able to enjoy the natural beauty of the area. After around 3-4 hours of trekking, you will reach Sundarijal, which is located at an altitude of 1,350m/4,429ft. After reaching Sundarijal, you can enjoy a refreshing dip in the waterfall before driving back to Kathmandu, which is about an hour's drive away.

Overnight stay in best Hotel

Day 18:: Private Car Transfer to Airport and Flight Back Home

Mountain Sherpa Trekking offers private car transfer services to the airport for travelers who have completed their trek in Nepal. Our experienced drivers will ensure that you arrive at the airport on time and in comfort, allowing you to relax and reflect on your adventure in the Himalayas.

After a memorable trekking experience in Nepal, it's time to head back home. Our private car transfer service ensures that you don't have to worry about transportation arrangements or navigating through unfamiliar streets. You can simply sit back and enjoy the ride to the airport.

We understand the importance of timely airport transfers, and our drivers will make sure you reach the airport with

plenty of time to spare before your flight. With our comfortable and reliable private car transfer service, you can end your journey in Nepal on a stress-free and comfortable note.

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure
- Kathmandu-Syabru Besi-Kathmandu Round-trip 4W Jeep
- 3 Night hotels in city as specified in Itinerary
- Best available local lodge accommodations during trek

Meals & Drinks

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups)
- Welcome dinner at best local restaurant with cultural show

Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates

Support

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Call support for anytime 24/7 for Emergency

Pays & Permit

- Pay and insurance for guide and support staff
- Langtang National Park entry permit fee
- TIMS Card fees
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

Additional Service

- We help you, if an airline loses your luggage, or delayed
- International flight ticket Reconfirmation service if required
- We help our clients to buy souvenirs at wholesale price
- We show you around local areas, recommend to eat etc
- Free help to get SIM Card, renting or buying gears

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek