

Langtang Gosaikunda Lake Trek 14 days



Trek Information

Duration	14 days
Difficulty	Medium
Region	Langtang Region
Highest Altitude	4950.0 m
Group Size	2-10
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

The **Langtang Region Trek** offers a perfect blend of Himalayan scenery, rich Tamang culture, and serene mountain landscapes, just north of Kathmandu. Trek through lush forests, traditional villages, and alpine valleys with stunning views of Langtang Lirung, making it an ideal trek for those seeking natural beauty and cultural depth in a shorter timeframe.

Trip Overview

The Langtang Gosaikunda Lake Trek offers travelers an unforgettable combination of natural beauty, its rich cultural heritage and its spiritual and mystical aspects. The trek begins in the Langtang Valley and leads to the majestic glacial lakes of Gosainkund which are revered as holy places by both Hindu and Buddhist people. A trip to this part of the Himalaya offers a unique opportunity to see the magnificent Himalayas, learn about the traditions of the local ethnic group (the Tamangs, Magar and Gurung), and exploring to many of Nepal's diverse cultures.

This 14-day trek will begin with a drive from Kathmandu to Sybrubesi. This is the gateway to Langtang. From Syabrubesi, we will follow a path that runs through a variety of vegetation including forests and along streams as well as visit some of the small Tamang villages. As we make our way up the valley, there will be several great opportunities to view stunning scenery, including waterfalls, glaciers and snow-covered peaks. We will have the chance to stop at two special points on our trek. These are Lama Hotel and Kyajin Gumpa. At these locations, you will have an opportunity to take in an incredible views of Langtang Lirung and other nearby mountains.

We will continue on our trek until we reach Gosainkunda Lakes. They are located at an elevation of approximately 4,380 meters. Both Hindu and Buddhists consider Gosainkund as a sacred site. During the Janai Purnima Festival (also known as Raksha Bandhan) many thousands of pilgrims come to Gosainkund to pay their respects. After visiting the lakes, we will cross Lauribina Pass. We believe this adds an exciting element to your trek. The pass is at an elevation of 4610 meters. When crossing Lauribina Pass, you will be rewarded with panoramic views of the entire mountain range.

In overall, if you are looking for a trek that provides exposure to both natural beauty and cultural diversity , then the Langtang Gosaikunda Lake Trek may be just what you are looking for.

Trip Highlights

- Exploring the sacred lake of Gosainkunda Lake
- Stunning panoramic view of snow capped mountain peaks
- Crossing the high-passes such as Lauribina Pass
- Visit to popular and old monasteries like Kyanjin Gumpa
- Cultural Experience of Tamang People
- Trekking over diverse landscapes of Langtang National Park
- Taste of Local cuisine and food iteams

Detailed Itinerary

Arrival in Kathmandu

When you arrive at Tribhuvan International Airport in Kathmandu you will be greeted by one of our representative and taken to your hotel. After you check in your hotel room, you can have your refreshment time. Get over your travel or go out and explore the busy streets of Thamel. Thamel is a place for tourists with lots of shops, cafes and stores that sell trekking gear, souvenirs, foods and offers various services. In the evening you might go to a meeting where your guide will tell you about your trek, what you need to do to stay safe and what to pack. This is also a time to get any last minute things you need. You will stay overnight in Kathmandu in a hotel before you head to the mountains.

Kathmandu to Syabrubesi Drive

Today you will drive from Kathmandu to Syabrubesi, which's the starting point for the Langtang region. The drive will offer you a very scenic road trip. It takes you on winding roads through the hilly terrains. You will pass by fields, rivers and small villages. As you leave the city behind the views get more beautiful and peaceful. You will follow the Trishuli River, a riverside journey. Even though the road can be rough in some places the drive is an adventure. When you get to Syabrubesi you will stay in a teahouse. Get ready for your trek. You will stay overnight in Syabrubesi.

Syabrubesi to Lama Hotel

Your trek starts today when you leave Syabrubesi and walk along the Langtang Khola. The path goes up slowly through forests of bamboo and rhododendron in Langtang National Park. You might see some animals like monkeys and different kinds of birds. The path has suspension bridges and forest paths which makes the walk refreshing for the day. After walking for an hours you will get to Lama Hotel, which is a small place surrounded by forest. You will stay overnight in a teahouse, in Lama Hotel.

Lama Hotel to Langtang Village

After morning breakfast, you keep going on your journey. The trail goes up slowly through forests. Then it opens up to valleys with really beautiful mountain views. You will go through Ghodatabela, where you can see the Langtang range clearly for the time. As you go higher there are not many trees and plants and you will see old stone houses along the trail. Langtang Village is a place that was rebuilt after the earthquake in 2015. It shows how strong the people are and how they work together. Here you can learn about the culture of the Tamang people. You will stay overnight in Langtang Village.

Langtang Village to Kyanjin Gompa

Today is it is a really beautiful trekking day to have. You will move towards Kyanjin Gompa. The trail takes you through fields where yaks live and icy streams flows. You can see the surrounding mountains. When you get to Kyanjin Gompa you can visit the monastery and a place where they make cheese. The mountains around make this place one of the most beautiful stops on your walk. You have some time, in the afternoon so you can relax and enjoy the peaceful place. You will stay overnight in Kyanjin Gompa.

Kyanjin Gompa – Hike to Kyanjin Ri or Langtang Ri

We use this day to get used to the altitude and explore the area. You will hike to Kyanjin Ri or Langtang Ri. Both Kyanjin Ri and Langtang Ri have views of glaciers and peaks. You

can see Langtang Lirung from the top. The climb is steep, but is worth it. You get to see one of the views in the region from the top. After taking in the views and taking some pictures you will head back to Kyanjin Gumpa. This day is important to help your body get ready for the altitudes that are coming up on the trek. You will stay overnight in Kyanjin Gumpa.

Kyanjin Gumpa to Lama Hotel

Today, after the morning breakfast, you will continue your journey. As for now that you have seen the Langtang Valley you will head back to Lama Hotel. You will follow the path back. The way down is easier and faster. You get to see the scenery from an angle. You will pass through Langtang Village and Ghodatabela. Then you will walk through forests and along rivers. The downhill trek is easier on your body and you still get to see a lot of scenery. When you get to Lama Hotel you can. Think about your journey so far. You will stay overnight in Lama Hotel.

Lama Hotel to Thulo Syabru

Today you will take a path to Thulo Syabru. The trail goes up and down. You will pass through forests and small villages. Thulo Syabru is a village where the Tamang people live. The village has a lot of culture and you can see the surrounding mountains. You can explore the village. Meet the locals. You can see what it is like to live in the Himalayas. You will stay overnight in Thulo Syabru.

Thulo Syabru to Sing Gumpa

On this day, you will leave Thulo Syabru and the trail will go up through rhododendron forests. The forests are really beautiful in the spring. You can see the Himalayas sometimes. The path takes you through forests. Sing Gumpa is a village with a monastery and a cheese factory. It is a quiet and peaceful place to rest. You will stay overnight in Sing Gumpa.

Sing Gumpa to Gosaikunda Lake

Today is a day on your itinerary, after the morning breakfast, you will head to Gosaikunda Lake. The trail goes up steadily. You will pass through alpine landscapes. See amazing views. As you get closer to Gosaikunda Lake the terrain gets more rugged. Gosaikunda Lake is a turquoise lake surrounded by mountains. The lake is really important, to the people who live here. You will stay overnight near Gosaikunda Lake.

Gosaikunda Lake to Chandanbari

On this day you will head from Gosaikunda Lake to go back to Chandanbari, also known as Sing Gumpa. The Gosaikunda Lake offers not only natural beauty but also the sense of spirituality. Because you see things from a different view. You walk on trails and see a lot of nice views. The path is easier when you go down so you can walk slow and see everything. You will stay in Chandanbari for the night.

Chandanbari to Dhunche

After the morning breakfast, You keep walking down through forests and villages to get to Dhunche. Dhunche is a town in Rasuwa. The walk to Dhunche is not too hard. You see a lot of authentic things. You can celebrate when you get to Dhunche because you finished the part of the Gosaikunda trek. You will stay in Dhunche for the night.

Dhunche to Kathmandu

You will eat breakfast. Then drive back to Kathmandu. You go along the rivers and hills as well passing the countryside. This is your chance to see the nice views outside the city. When you get to Kathmandu you can. Go out and see things. You can also have a dinner to say goodbye. You will stay in Kathmandu for the night.

Departure from Kathmandu

Your Gosaikunda trek is, over today. You will go to the airport to catch your flight. If you have time you can go shopping. See some things in Kathmandu. You can stay longer and see more of Nepal like the Langtang and Gosaikunda trek. You will remember the Langtang and Gosaikunda trek for a time.

What's Included

.

What's Not Included

.

Equipment & Packing List

Best time For Langtang Gosaikunda Lake Trek

The best time to do the Langtang Gosaikunda Lake Trek is in the spring from March to May and in the autumn from September to November. These are the times because the weather is stable and the skies are clear which means you can see the mountains really well. In the spring the trails in the Langtang National Park are beautiful because the rhododendrons are blooming making everything look so colorful. The temperatures are not too hot and not too cold. The days are perfect for walking especially in the Langtang Valley part. Autumn is the time to trek because you can see the Himalayas really clearly.

After the rains the air is fresh. You can see everything really well which is great for taking pictures and looking at the mountains around Gosaikunda Lake. You can also do the Langtang Gosaikunda Lake Trek in the winter from December to February. It is harder because of the snow, especially around Lauribina Pass. The monsoon season, from June to August is not the time because it rains a lot and the trails are slippery and you cannot see very far. However if you are an experienced trekker you might like it because there are not many people around which can be a good thing, for the Langtang Gosaikunda Lake Trek.

Accommodation, Food and Drinks

When you are on the trek you will stay in teahouses and lodges. These places are simple. You will have what you need. You will usually share a room with someone and the beds are basic. You will also have to share a bathroom with people. In some places like Kyanjin Gumpa and near Gosaikunda the lodges are a little nicer. When you go higher up the facilities are more basic.

The food is really good. There are a lot of options. The main thing people eat is Dal Bhat, which's rice, lentil soup, vegetables and pickles. You can have much of this as you want. There are also things like noodles, pasta, fried rice and soup. You can even get pancakes, eggs and some food from countries.

For things to drink you can have tea, coffee, hot lemon and garlic soup. The garlic soup is good for when you're at high altitudes. You can buy water but it can be expensive when you are high up. So it is an idea to carry a bottle that you can refill and use tablets to make the water safe to drink. The Accommodation, Food and Drinks on the trek are basic. They are enough and they are part of what makes the trek, in Nepal so special.

Preparation and Fitness

To do the Langtang Gosaikunda Lake Trek you need to be prepared. You have to get ready for this trek so you can complete it. The Langtang Gosaikunda Lake Trek is not too hard. It has some tough parts like Gosaikunda and Lauribina Pass. You need to be in shape and ready for it.

You should start getting ready for the Langtang Gosaikunda Lake Trek least 3 to 4 weeks before you go. You can get ready by doing things like hiking or jogging or cycling or climbing stairs. This will help you build up your strength and be able to keep going. It is very important to have a heart because you will be walking for 5 to 7 hours every day and you will be going up really high.

You have to get used to the altitude so you do not get sick. You need to go up and drink a lot of water and listen to what your body is telling you. You should bring the things with you like good shoes and warm clothes and a sleeping bag.

Getting your mind ready is just as important. The weather can be bad. The trail can be tough.. If you are ready and you have the right mindset then the Langtang Gosaikunda Lake Trek will be an amazing experience that you will never forget. You will have a time, on the Langtang Gosaikunda Lake Trek if you are prepared.

Permits for Langtang Gosaikunda Lake Trek

To do the Langtang and Gosaikunda trek you need two permits.

- Langtang National Park Entry Permit

This is because the Langtang trek is inside Langtang National Park. The Langtang National Park Entry Permit helps take care of the Langtang National Park and the local people.

- Trekkers Information and Management System

The TIMS Card is used to keep track of trekkers. This is for safety and management. It is very important for trekking in places they're far away.

You can get these permits from the Nepal Tourism Board office in Kathmandu. If you book with a trekking agency they usually get the permits for you.

There are rules that say you might need to hire a guide. This is, for foreigners. It is always good to check the rules before you plan your Langtang and Gosaikunda trek. Having the right permits makes your Langtang and Gosaikunda trek safe and fun.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: How hard is the Langtang Gosaikunda Lake Trek?

A: The Langtang Gosaikunda Lake Trek is a bit tough. It has some altitude parts and long walking days. The Langtang Valley part is okay. Going to Gosaikunda Lake and crossing Lauribina Pass can be tough. You will walk for 5 to 7 hours every day. It's good if you have trekking experience. If you get used to the height slowly walk at a pace and are fit you can do it joyfully.

Q: Do I need a guide for this trek?

A: Yes it's a good idea to get a guide. In fact authorities say you need one. A guide keeps you safe in remote parts with proper navigation. They help you find your way get a place to stay and tell you about the culture and ground. A guide is also very helpful if something uncertain happens. This makes the trek safer and more fun.

Q: What is the highest point of the trek?

A: The highest point is Lauribina Pass, which's about 4,610 meters high. Gosaikunda Lake is 4,380 meters high. At these heights you might get altitude sickness so it is necessary to follow precautions. Drink a lot of water. Don't get too tired. If you stay a day in the Langtang Valley it helps your body get acclimized to the height. Knowing the signs of altitude sickness and taking care of yourself makes the trek safer.

Q: What kind of accommodation can I expect?

A: You'll stay in teahouses and basic lodges run by families. They have comfortable rooms usually with two people sharing and shared bathrooms. Down in lower altitude the facilities are better. Up high near Gosaikunda they're more basic. Most teahouses have food and a place to eat together. The people are very friendly. Staying in these lodges helps the community and makes the trek more real.

Q: What permits are required for the trek?

A: You need two permits: the Langtang National Park Entry Permit and the TIMS card. These are needed to trek in Langtang National Park. They help to keep the track of trekkers. You can get them from the Nepal Tourism Board in Kathmandu or through a trekking agency. You must have them. They'll check at many points on the trail.

Q: Is altitude sickness a concern, on this trek?

A: Yes altitude sickness can be a problem especially going up to Gosaikunda Lake and Lauribina Pass. You might get a headache feel sick, dizzy or tired. To avoid it go up slowly drink water and don't drink alcohol. Taking rest days and considering medicine can help. If you feel bad go down away. Being aware and prepared makes the trek safe and fun.