

Langtang Gosaikunda Trek

URL: <https://www.nepalriverrunner.com/river/langtang-gosaikunda-trek/>

Starting Point Kathmandu	Duration 13	Difficulty Moderate
Best Seasons Spring (March-May) & Autumn (Sept-Nov)	Maximum Altitude Laurebina Pass (4,610 m)	Ending Point kathmandu

Major Highlights of Langtang Gosaikunda Trek

- Witness beautiful views of Langtang Lirung (7,227 m), Dorje Lakpa (6,988 m), and the Ganesh Himal mountains along the trail.
- Visit Langtang Village, a Tamang settlement rebuilt after the 2015 earthquake.
- Explore Kyanjin Gumpa (3,865 m), famous for its ancient monastery and yak cheese factory.
- Reach the Gosaikunda Lake (4,380 m), a holy place known for its clear blue waters.
- Cross the high Lauribina La Pass (4,610 m), which connects Langtang and Gosaikunda regions.
- Trek through stunning villages like Syabrubesi, Lama Hotel, Thulo Syabru, and Kutumsang.
- Walk along the Langtang Khola river valley, passing rhododendron forests, waterfalls, and green hills.

Langtang Gosaikunda Trek Overview

If you ever wanted to escape city noise and pretend you're a Himalayan explorer for about two weeks, then the **13-day Langtang Gosaikunda Trek** is just the perfect adventure for you. This trek is special because it combines the best parts of three popular Nepal treks: Langtang, Gosaikunda (4380 m), and the Lauribina La pass (4,610 m) trek, making it a unique journey that offers everything adventurous. It is a moderately difficult trek located in the Langtang region of **Rasuwa District**, in the central-northern part of Nepal. This trek covers diverse landscapes, Tamang villages, high mountain passes, and jaw-dropping views of the Himalayas.

Along the trail, you'll encounter some beautiful peaks, such as **Langtang Lirung (7,227 m)**, the highest in the Langtang range that dominates the skyline. Nearby mountains such as Dorje Lakpa (6,988 m) and **Ganesh Himal** (7,422 m) add some decorations to the mountain range. You'll pass through villages like Syabrubesi (1,503 m), a gateway town; Langtang village (3,430 m), known for its Tamang culture and history; and **Kyanjin Gumpa** (3,870 m), famous for its ancient monasteries and yak cheese production. The trek also crosses through Lauribina La Pass (4,610 m), one of the highest points of the route, offering

panoramic views of the surrounding mountains.

Then the trail follows the Langtang Khola, a 108 km long river that supports local agriculture and wildlife along its course. After a good walk, you'll reach Gosaikunda Lake, which is a major highlight that is an important site for Hindus and Buddhists. The trail to Gosaikunda becomes more crowded during Janai Purnima as it is a major cultural and religious event in Nepal. Each stop along the way offers you something special that you have never witnessed, making the Langtang Gosaikunda trek an unforgettable experience. Below is the detailed itinerary for this trek. Do go and have a look.

13 Days Langtang Gosaikunda Trek Itinerary

Day 1: Drive from Kathmandu to Syabrubesi (1,450 m)

Your journey starts from Kathmandu after we receive you from Tribhuvan International Airport. As you leave the capital city behind, the journey to Syabrubesi begins with a drive heading north along the Prithivi Highway. Then you'll be driven along the banks of the Trishuli River (145 km), which is famous for its white-water rafting. As you pass through the towns of Trishuli Bazaar and Bidur, the road slowly climbs into the Nuwakot Hills. The road again takes you through Kalikasthan and Dhunge, before reaching Dhunche(2,030 m)- the administrative centre of Rasuwa District and the official entry point to Langtang National Park. Here, your permits are checked by park wardens from the Royal Nepalese Army.

On a clear day, you may witness first views of Ganesh Himal (7,422 m) and Langtang Lirung (7,227 m) in the distance. From Dhunche, the final journey to Syabrubesi (1,460 m) is a tough and bumpy descent through forest and hillside hamlets. Once you reach Syabrubeshi, you'll stay in a local teahouse where cozy rooms and warm meals are served. This Syabrubesi village is situated beside the Bhote Koshi River (90 km), known for its connection to Tibet. This riverside village is the gateway to the Langtang valley and the starting point of your trekking journey.

- Distance: 113 km
- Driving Time: 4-5 hours
- Accommodation: Lodge
- Meals: Breakfast+Lunch+Dinner
- Highest point: Syabrubeshi (1,450 m)

Day 2: Trek to Lama Hotel (2,470 m)

The trek from Syabrubeshi begins by crossing a suspension bridge over the Bhote Koshi River (90 km) and then joining the path along the Langtang Khola- a glacier-fed river that flows through the entire valley. The trail then slowly moves through dense forest and Tamang settlements. As you climb, you'll pass through the village of Dolen, taking a short break at Bamboo (1,960 m)- a popular rest stop named after the bamboo groves that cover the area. The forest here is home to red pandas, langurs, and Himalayan black bears, though they are rarely seen.

Continuing uphill, you'll hike through rhododendron and oak forests towards **Rimche**. After another

short push, you'll reach Lama Hotel (2,470 m). It is not actually a hotel but a cluster of teahouses situated in the forest. Here you'll stay in a cozy guesthouse offering comfortable rooms and fresh meals, a perfect resting place after a full day of trekking. The sweet sound of the Langtang Khola flowing nearby makes this hotel a peaceful stop for a night.

- Distance: 11-11.4 km
- Trekking Time: 5-7 hours
- Accommodation: guesthouses
- Meals: Breakfast+Lunch+Dinner
- Highest point: Lama Hotel (2,470m)

Day 3: Trek to Langtang Village (3,430 m) from Lama Hotel

On this day, the trail from the Lama Hotel follows the flow of the Langtang Khola, taking you deeper into the valley. As you walk through forests of pine, maple, and rhododendron, you might hear the sound of birds chirping and langurs (gray monkeys) swinging through the trees. After about an hour, you'll reach Riverside, where you'll take a tea break. The path then continues uphill to Gumnachowk and then to Ghodabela (3,030 m), meaning "Horse stable" in Nepali, where a temporary army checkpoint is located, which checks your permit. This is the place where the forest starts to get thin, and you'll see the full view of Langtang Lirung (7,227 m) standing tall in the middle of the Langtang range.

Beyond Ghodabela, the trail passes through **Thyangsyap** (3,140 m) and **Chamki village**. Gradually, the path opens into alpine meadows and stone walls, giving you a hint that you are close to your destination. Then, after a short walk, you'll reach Langtang village (3,430 m). Here you'll stay in a local guesthouse where fresh meals and warm bedrooms are provided. The village is surrounded by mountain peaks and green hills, making it a perfect place to rest and prepare for the next day.

- Distance: 14-15 km
- Trekking Time: 5-7 hours
- Accommodation: guesthouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Langtang village (3,3430 m)

Day 4: Trek to Kyanjin Gompa (3,865 m)

On this day, the trail from Langtang Village (3,430 m) continues uphill along the Langtang Khola (108 km). The first settlement you'll pass is Mundu (3,445 m), and then slowly you'll reach Sindhum, where you'll start to feel the air level is getting low and the trees are converting into alpine shrubs. With every step forward, you'll witness snowcapped peaks like Langtang Lirung (7,227 m) and Changbu (6,781 m). Yaks graze in the meadows, and small streams cross your path from nearby icefalls and cliffs.

The trail then continues through Yamna and crosses wooden bridges before climbing into the wide, open valley that leads to Kyanjin Gompa (3,870 m). This village is surrounded by tall peaks, including Yubra Himal (6,246 m) and **Tsergo Ri** (4,985 m), a popular viewpoint for the next day. Your overnight stay will be in a warm guesthouse, where fresh meals and yak cheese are served. With glaciers, hills, and Himalayan giants, Kyanjin Gompa is the main trekking spot of the Langtang valley.

- Distance: 5.7 -7 km
- Trekking Time: 3-4 hours
- Accommodation: guesthouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Kyanjin (3,865 m)

Day 5: Exploration Day at Kyanjin Gompa

After a good night's rest in Kyanjin Gompa (3,865 m), this day is all about acclimatizing and exploring the best viewpoints in the Langtang Valley. The most popular options are **Tserko Ri (4,985 m) and Kyanjin Ri (4,773 m)**, both of which offer breathtaking views of the Langtang Himalayan range, including Langtang Lirung, Dorje Lakpa (6,966 m), Yala Peak (5,500 m), and even some parts of Tibet on a clear day. The climb to any of the peaks does not require any technical gear, so it is quite simple and easy. Along the way, you'll see glaciers, rock walls, and a herd of yaks grazing peacefully.

While Tserko Ri is higher and takes a longer time (6-8 hours), Kyanjin Ri is shorter (3-4 hours), and still very rewarding. For those who want a normal hike and exploration, visiting the Yak Cheese factory (established by the Swiss), roaming around the Kyanjin Monastery, or exploring the edge of the Langtang glacier is a better option. After your perfect short trek around Kyanjin, you'll return to your guesthouse for a warm meal, a good rest, and planning for the next day.

- Accommodation: guesthouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Tserko Ri (4,985 m)

Day 6: Trek back to the Lama Hotel (2640 m)

Leaving Kyanjin Gompa (3,870 m) behind, the trail begins with a descent through a wide valley, offering one last look at the peaks like Langtang Lirung (7,227 m) and Yubra Himal (6,264 m). You'll pass through familiar places in reverse order, first Yamna, then Sindum, and Mundu. The trail then continues to Langtang Village (3,430 m), rebuilt beautifully after the 2015 earthquake.

From there, the trail goes downhill through forests of pine and rhododendron, crossing a wooden bridge over the Langtang Khola. You'll stop again at Ghodatabela (3,030 m), where the valley begins to narrow. After a short rest, you'll pass through Gumnachowk and Riverside and finally reach Lama Hotel (2,470 m), where you'll stay in a cozy guesthouse.

- Distance: 18.6 - 21.6 km
- Trekking Time: 6-7 hours
- Accommodation: guesthouse
- Meals: Breakfast+Lunch+Dinner
- Highest Point: Lama Hotel (2640 m)

Day 7: Trek to Thulo Syabru (2,210 m)

Starting from the Lama Hotel, the trail falls through forests filled with oak, pine, and rhododendron. You'll follow the path alongside the Langtang Khola. As you move downward, you'll reach Riverside, then continue to Bamboo (1,970 m)- a spot surrounded by thick bamboo groves, where red pandas are sometimes seen. Then, after a short rest, the trail passes through the dense forest, small waterfalls, and wooden bridges, slowly gaining altitude once again.

Eventually, the path leads towards Thulo Syabru (2,230 m) - a beautiful Tamang village which offers wide views of the valley and mountains. Known for its traditional houses and culture, Thulo Syabru is one of the largest settlements in this area. On a clear day, you might see stunning Ganesh Himal (7,422 m) in the distance. Here, you'll stay at a comfortable guesthouse, where freshly cooked meals are served. This village is also a great place to witness traditional Tamang music and lifestyle if you arrive during a local celebration.

- Distance: 5-6 km
- Trekking Time: 3- 5 hours
- Accommodation: guesthouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Thulo Syabru (2,210 m)

Day 8: Trek to Cholangpati (3,654 m) from Thulo Syabru (2,230 m)

Leaving Thulo Syabru, the trail goes through forests of oak, rhododendron, and pine, offering fresh mountain air and glimpses of snow-capped peaks. As you ascend, you'll pass through small settlements like **Brididin**, known for its peaceful atmosphere and Tamang culture. The journey then follows ridges, with stunning views of the Ganesh Himal (7,422 m) range to the west.

Continuing uphill, the path leads you to Cholangpati (2,970 m) - a village on a hillside surrounded by forest and open meadows. Cholangpati is well known for its panoramic views of the Langtang range and the nearby Langtang River (108 km). You'll stay overnight in a well-maintained teahouse, enjoying fresh local food, a perfect place for recharging before the next day's trek.

- Distance: 8-10 km
- Trekking Time: 5-7 hours
- Accommodation: teahouse
- Meals: Breakfast+Lunch+Dinner
- Highest Point: Cholangpati (3,654 m)

Day 9: Trek to Gosainkunda Lake (4,380 m)

On this day, you'll climb the trail through alpine forests of pine and juniper, opening up to gorgeous views of the Langtang Himalayan range. As you go up, you'll pass through **Helambu** region's lower slopes, known for their rich biodiversity and rhododendron blooms in spring. The peak of Langtang Lirung (7,227 m) remains visible in the distance, standing as the highest mountain in the Langtang region. The trail then crosses the Langtang River via wooden bridges.

Finally, you'll reach the Gosaikunda Lake (4,380 m), one of the largest high-altitude lakes in Nepal and considered a holy spot by Hindus and Buddhists. The lake is surrounded by mind-blowing peaks like Langtang Ri (7,205 m) and Tserko Ri (4,985 m). This glacial lake is famous for its crystal-clear turquoise waters and its importance in local religious festivals like Janai Purnima. Overnight is spent in a teahouse near the lake, where fresh, warming meals help you recover from the entire day's climb.

- Distance: 7-8 km
- Trekking Time: 4-6 hours
- Accommodation: teahouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Lake Gosaikunda (4,380 m)

Day 10: Trek to Ghopte via Laurebina Pass (4,610 m)

After a good explore around the shores of **Gosaikunda Lake** (4,380 m), the trail goes higher into the rocky and wild alpine zone. You'll pass several other lakes like **Saraswati Kunda** and Bhairab Kunda, which are believed to be connected underground to Gosaikunda. The path then gradually moves to the Lauribina Pass (4,610 m) - the highest point of the 13-day Langtang Gosaikunda Trek from the top, you can witness panoramic views of Manaslu (8,163m) to the west, Langtang Lirung (7,227 m) behind, and even glimpses of the Annapurna Range on a clear day.

After crossing the pass, you'll descend through rocky paths and finally re-enter green forest zones known for their birdlife and peaceful silence. The final step passes through narrow trails, eventually reaching the settlement of Ghopte (3,440 m). It is a beautiful resting place surrounded by forested hills where you'll stay in a basic teahouse with warm food and warm blankets served after the adventurous and high-altitude journey.

- Distance: 11 km
- Trekking Time: 6-7 hours
- Accommodation: teahouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Laurebina Pass (4,610 m)

Day 11: Trek to Kutumsang (2,470 m)

On the very next day, from the peaceful ridge of Ghopte, you'll climb and descend through rhododendron and fir forests, with birds chirping and occasional views of hidden waterfalls. You'll cross through the serene spot of Tharepati (3,510 m), a ridge that offers stunning views of **Dorje Lakpa** (6,966 m) and Gaurishankar (7,134 m) mountains towering in the distance. This area marks the transition between Langtang National Park and the hills of the Helambu region, which is known for its green hills and traditional villages.

Descending from Tharepati, the trail takes you through remote Tamang and Hyolmo settlements like Mangengith and Gul Bhyangjang. You'll follow the ridgeline through forests filled with rhododendrons in spring, finally reaching Kutumsang (2,470 m)- a culturally rich village with stone houses, local farms, and stunning hill views. Here you will rest in the comfortable teahouse, enjoying home-style meals.

- Distance: 13-15 km
- Trekking Time: 6-8 hours
- Accommodation: teahouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Kutumsang (2,470 m)

Day 12: Trek to Chisapani (2,295 m)

Leaving the village of Kutumsang, you'll descend through beautiful pine and rhododendron forests. After a few minutes of walking, you'll pass through small, traditional Tamang villages such as Malemchigaun and Sertung, where you can see local farming life and stone houses with prayer flags fluttering. The trail also offers views of the Langtang, Ganesh Himal, and Jugal Himal ranges, giving you the last sight of the snowy peaks before you reach lower altitudes.

As you reach Chisapani (2,295 m), one of the most popular stopping points in the Helambu region. Chisapani is famous for the panoramic views of the Langtang Himalayas. Its fresh mountain air makes it a perfect place to relax after the long trek. You'll stay overnight in a comfortable teahouse, enjoying warm meals and a peaceful atmosphere.

- Distance: 15-16 km
- Trekking Time: 6-7 hours
- Accommodation: teahouse
- Meals: Breakfast+Lunch+Dinner
- Highest point: Chisapani (2,295 m)

Day 13: Trek to Sundarijal and drive to Kathmandu

After all of this entire trekking day, you'll move towards your final destination. From Chisapani (2,165 m), the trail descends through forests of oak, rhododendron, and pine, part of the Shivapuri National Park, one of the largest protected areas near Kathmandu. Along the way, you'll pass waterfalls and streams, as well as the highest peak in the Shivapuri Peak (2,732 m)- the highest peak in the park. The forest is rich with wildlife, including colorful birds and monkeys, making this part truly memorable.

The path takes you down to Sundarijal, a small town known for its clean water springs. From Sundarijal, a short drive takes you back to Kathmandu, where your trek finally ends. The final day brings you back to civilization with memories of the Langtang Gosaikunda region still fresh in your mind.

- Distance: Chisapani to Sundarijal (15.5 km), Sundarijal to Kathmandu (18 km)
- Trekking Time: 4-5 hours
- Driving time: 1 hour
- Accommodation: lodge
- Meals: Breakfast+Lunch+Dinner
- Highest point: Sundarijal(1350 m)

What's Included

- ☐ Pickup & drop-off in Kathmandu.
- ☐ Transportation to/from Syabrubesi & Sundarijal.
- ☐ TIMS & Langtang National Park entry permits.
- ☐ Experienced English-speaking trekking guide.
- ☐ Porters (for carrying luggage) – one porter for two trekkers.
- ☐ Accommodation in teahouses/lodges during the trek & BB plan for 2 nights at Kathmandu.
- ☐ Meals (Breakfast, Lunch, and Dinner) during the trek.
- ☐ First aid kit with basic medicines.
- ☐ All government taxes and service charges.

What's Not Included

- ☐ International flights to/from Nepal.
- ☐ Nepal Visa Fees.
- ☐ Travel insurance (must cover high-altitude trekking & emergency evacuation).
- ☐ Personal expenses (laundry, Wi-Fi, phone charging, snacks, etc.)
- ☐ Extra beverages like alcoholic drinks, soft drinks, and bottled water.
- ☐ Tips for guides and porters.
- ☐ Emergency evacuation or rescue if required.
- ☐ Additional nights in Kathmandu due to early arrival, late departure, or trek completion before schedule.

Elevation Chart of Langtang Gosaikunda Trek



Is 13 days enough for the Langtang and Gosaikunda trek?

Yes, 13 days is generally enough for the Langtang and Gosaikunda trek, and in fact, it is the most complete and balanced itinerary for this combined route. The trek covers two major regions: the Langtang Valley and holy Gosaikunda Lake. A 13-day plan gives you enough time for gradual altitude gain, proper acclimatization, and the best cultural experience. On average, the total distance covered is around 120 to 140 kilometers, and trekkers can trek up to the maximum altitude of 4,600 meters at the Laurebina Pass near Gosaikunda. With proper rest and acclimatization days at Kyanjin Gumpa or Cholangpati, 13 days give you a safe and enjoyable trek without any rush.

Moreover, the 13-day itinerary makes space for side hikes like Kyanjin Ri or Tserko Ri, and you won't miss key spots such as **Gosaikunda Lake, Shin Gumpa, and traditional Tamang villages**. If you shorten the itinerary, you'll increase the risk of altitude sickness and may miss key highlights. On the other hand, extending it too much might not be good if you're on a limited schedule. So, yes, 13 days is

just the right option, offering a complete and perfect trekking experience without missing any single part of it.

Perfect time for the Langtang and Gosaikunda trek

Season	Average Temp (Day/Night)	Highlights	Best Time to Go?
Spring (March to May)	10°C to 20°C -3°C to 5°C	Blooming rhododendrons, clear skies, ideal temperatures	Yes- Highly recommended
Autumn (September to November)	8°C to 18°C -5°C to 3°C	Best visibility, festivals, dry weather	Yes- Best season
Winter (December to February)	2°C to 10°C -10°C to -5°C	Peaceful trails, snowy landscapes, and very cold	Yes, for experienced trekkers
Monsoon (June to August)	12°C to 20°C 5°C to 10°C	greenery, fewer tourists, muddy trails, poor visibility	Not ideal
Shoulder (Late February & Early December)	5°C to 15°C -5°C to 2°C	Quieter paths, mixed weather conditions, cold mornings and nights	Possible with preparation

Wildlife Highlights

The Langtang Gosaikunda Trek takes you through the Langtang National Park, Nepal's first Himalayan national park, established in 1976. Spread over 1,710 sq km, this protected area is rich in biodiversity. From forests to alpine meadows, the park is home to more than 250 species of birds, 46 species of mammals, 30 species of fish, and hundreds of butterflies and insects. As you trek through the park, especially between Syabrubesi, Kyanjin Gumpa, and Gosaikunda, you're walking through one of the richest wildlife corridors in the Himalayas.

Among the mammals, the rarest is the red panda, often spotted in bamboo forests around Rimche or Lama Hotel if you're lucky. You may also witness Himalayan tahr, musk deer, Himalayan black bear, yellow-throated marten, and Himalayan goral. Rare animals like the snow leopard and the clouded leopard live in the higher alpine areas, so they are also rare to see. The trek is also home to langurs (gray monkeys), jackals, and pikas.

For bird lovers, the Langtang region can be a dream spot, where you can get a chance to spot the Impeyan pheasant (Danphe, Nepal's national bird), snow partridges, blood pheasants, bearded vultures (Lammergeiers), Himalayan monals, hoopoes, and rufous sibilys. This variety of highland and forest creatures makes the 13-day Langtang Gosaikunda trek a truly wild one too.

Cultural Practices Along the Trek

The Langtang and Gosaikunda Trek is not only a walk through breathtaking landscapes, but also a journey through rich Himalayan culture. This region is home to the Tamang and Sherpa people, influenced by Tibetan Buddhism. When you ascend higher, especially around Kyanjin Gumpa and Gosaikunda, you'll find Sherpa settlements, where Tibetan-style monasteries, mani walls, prayer flags, and chortens line up the trails. These communities have preserved their traditions for generations, living

in stone houses, practicing farming, and welcoming visitors with warm hospitality.

Gosaikunda Lake, which is located at an altitude of 4,380 meters, is sacred to both Hindus and Buddhists. According to Hindu mythology, it was created by Lord Shiva to cool his throat after drinking poison. Every year, during the Janai Purnima festival (usually in August, based on the lunar calendar), thousands of Hindus and Buddhists trek to Gosaikunda to take a holy dip in the lake. In Tamang and Sherpa villages, Lhosar (Tibetan New Year) is one of the biggest celebrations that occurs usually in February. Other important festivals in the region include Buddha Jayanti and Yartung – a local horse racing festival. These cultural practices make this trek absolutely magical and unique.

Langtang's Journey: Healing After the 2015 Earthquake

On **April 25, 2015**, a powerful 7.8 magnitude earthquake hit Nepal, triggering a huge avalanche from Langtang Lirung (7,227 m) that completely buried Langtang village. Over 310 people, including local villagers, trekkers, and guides, lost their lives, making it one of the deadliest disasters in the Himalayas. The avalanche was so strong that it swept away an entire section of the valley, including old monasteries, homes, and farmlands within a second. In total, more than 116 houses, worship places, and tourism infrastructures were destroyed, leaving hundreds of people homeless.

Since then, the region has shown enough courage to rise up again. Rebuilding of the valley began in late 2015, with the help of local communities, the Nepal government, and international organizations. New teahouses and lodges were constructed, trails were made safer, and Langtang welcomed trekkers once again by 2017. Solar panels, quake-resistant homes, and community-run lodges provide better service than they used to before. The return of tourism has once again played a great role in the economic recovery of Langtang and neighbouring villages.

Is this Nepal's most Underrated Adventure?

Yes, the 13-day Langtang Gosaikunda Trek is often considered one of Nepal's most underrated adventures. While the Everest and Annapurna regions take nearly 70% of Nepal's trekkers, Langtang sees around only 7-10% annually, despite providing equally stunning views of **Langtang Lirung (7,227 m)**, alpine lakes like Gosaikunda (4,380 m), and rich Tamang and Tibetan cultures. It is less crowded, more peaceful, and still gives you beautiful sights of mountains, hills, monasteries, and glacier-fed rivers.

What makes it more special is its diversity. You'll get to cross high mountain passes, witness majestic lakes, and experience local cultures in villages like Langtang, Kyanjin Gumpa, and Chandanbari. After the 2015 earthquake, the area was rebuilt, and now the teahouses are safe, clean, and a little advanced. Even with all these amazing highlights, it is not on the checklist of many tourists who visit Nepal, making it a hidden gem for those who want to feel real adventure without facing the busy paths.

Langtang Gosaikunda Trek Accommodation Guide

▪ Teahouses

During the Langtang Gosaikunda Trek, the most common type of accommodation is the teahouse. It is a small, family-run lodge found in every village along the trail. These teahouses provide basic, comfortable

rooms, usually with twin beds, clean blankets, and shared bathrooms. Some places at lower altitudes may also offer attached bathrooms and hot showers for an extra charge. Most of the teahouses have a clean dining area where all tourists can sit together and enjoy their meals cooked on a wooden stove. The food options are simple but full of nutrients. *You can have dal bhat (rice, lentil soup, vegetables), noodles, pasta, fries, rice, eggs, and Tibetan bread. Hot drinks like tea, coffee, and lemon-ginger honey are also widely available here.*

▪ **Guesthouses**

Along this trek, you'll also find guesthouses, which are slightly more comfortable than basic teahouses. While both provide food and lodging, guesthouses usually have better room conditions, like attached bathrooms (in some places), and sometimes WiFi or charging facilities. Guesthouses are mainly found in popular stops like Syabrubesi, **Lama Hotel**, Langtang Village, Kyanjin Gumpa, Thulo Syabru, and Chandanbari (Shin Gumpa). When it comes to food, they usually offer the same food menu, but besides dal bhat and noodles, you may also find pancakes, momos, apple pie, chowmein, and even some meat dishes in a lower-altitude village. Hot drinks, Tibetan tea, and seasonal fruit juice are also available here.

▪ **Basic camping**

Basic camping is optional but a rare choice on the *Langtang Gosaikunda Trek* because good teahouses and guesthouses are available in almost every village, making camping unnecessary. Most of the visitors prefer staying at the basic teahouses and lodges because camping requires carrying extra gear, hiring more porters, and arranging food and supplies. However, for those who want more adventure or want to trek in remote off-route areas, camping can be done with proper planning and support.

Langtang Godaikunda Trek Permit Checklist

TIMS

The first and most essential permit for this trek is a TIMS Card (Trekker's Information Management System). It was introduced in 2008 by the Nepal Tourism Board (NTB) and Trekking Agencies Association of Nepal (TAAN). The TIMS Card was introduced to ensure trekker safety, manage trekking records, and support tourism in Nepal. It costs NPR 1,000 (around USD 8) for group trekkers and NPR 2,000 (around USD 15) for solo trekkers. It can be obtained in Kathmandu or Pokhara from the NTB office or TAAN office, and it must be with you before starting your trek.

Langtang National Park Entry Permit

This permit is also required for all trekkers entering the Langtang National Park. It was established in 1976 by the Department of National Parks and Wildlife Conservation. This permit helps to manage the number of visitors, protect wildlife and the ecosystem, and support conservation techniques. For foreigners, the price for this permit is NPR 3,000 (around USD 27), for SAARC countries it's NPR 1,500 (USD 11.3), for Nepalese citizens it's NPR 100, and children under 10 can enter for free. You can take this permit from Kathmandu or from Dhunche, the park's main entrance point. This permit is valid only for one month and must be carried through the entire trek.

Shivapuri Nagarjun National Park Entry Permit

To enter Shivapuri Nagarjun National Park, you must purchase an entry permit. This park was officially declared a national park in 2002. So, a permit is most required. This permit helps to manage the number of visitors, protect the biodiversity, and conserve the water sources that serve the Kathmandu Valley. The current fee for this permit is NPR 1,000 (USD 7.3) for foreign visitors, NPR 600 (USD 4.38) for SAARC nationals, and NPR 100 for Nepali citizens, where children below 10 years can enter for free. You can get this permit at the Tourist Service Center in Bhrikutimandap (Kathmandu) or directly at the entry points of park like Sundarijal, Chisapani, and Nagi Gumba.

Note: *Our agency, Nepal River Runner, takes care of all your permits and paperwork, ensuring a smooth and problem-free experience so you can focus on enjoying your trek in comfort and peace.*

How to prepare for the Langtang Gosaikunda Trek

▪ Before

Proper preparation before the Langtang Gosaikunda Trek is essential due to its higher altitude and remote location. First of all, focus on your physical fitness- at least 4 to 6 weeks of cardio training like hiking, running, or cycling is highly recommended. You should also get travel insurance that covers trekking up to 5,000 meters and emergency evacuation, as the road facilities are not available high up there. You have to make sure you have chosen the best agency, as “nepalriverrunner” can be your best choice. Also pack good layers for temperatures that can drop below -5°C at night. At last, it is smart to carry Nepali rupees in cash, as there are no ATMs along the trail.

▪ During

Once you step forward for your trek, adjust your speed to avoid altitude sickness, a slow, steady walk, and proper hydration (at least 3-4 litres of water per day) are very important. Follow the advice to “climb high, sleep low” wherever it is possible, especially between Gosaikunda (4,380 m) and Lauribina Pass (4,610 m). Eat nutritious energy-giving foods like dal bhat, tsampa, or noodle soups, and avoid alcohol or smoking, which can lead to serious problems. And always respect the local customs in villages like Langtang, Kutumsang, and Chisapani, where Tibetan Buddhist and Tamang cultures are strongly followed and believed.

Packing Guide for Langtang Gosaikunda Trek

Clothing

- Thermal base layers (top and bottom)
- Fleece or down jackets
- Waterproof shell jackets and pants (for wind and rain protection)
- Trekking pants
- Moisture-soaking t-shirts
- Warm hat or beanie
- Sun hat, gloves, neckgaiter, buff, or cap

Footwear

- Trekking boots
- Camp shoes or sandals
- Trekking socks
- Gaiters (optional but useful in snowy or muddy sections)

Gear and Accessories

- Backpack (35- 50L)
- Duffel bag (if using porters)
- Sleeping bag
- Trekking poles
- Water bottles or a hydration bladder
- Sunglasses with UV protection

Personal Hygiene and Toiletries

- Quick-dry towel
- Toothbrush and toothpaste
- Wet wipes and hand sanitizer
- Sunscreen (SPF 30+) and Lip balm
- Toilet paper and a small trash bag

Documents and Money

- Passport and photocopies
- Passport-size photos (for permits)
- Travel insurance copy (covering up to 5,000m)
- Cash in Nepali rupees

Electronics and Extras

- Power bank (10,000mAh or higher)
- Charging cable and plug adapter (Nepal uses Type C and D sockets)
- Lightweight cameras or smartphones
- Map or trekking app
- Small lock (for bags in the teahouse)

FAQs About Langtang Gosaikunda Trek

What makes the Langtang valley known as the “Valley of Glaciers”?

Langtang Valley is called the “Valley of Glaciers” because it is home to over 70 glaciers of various sizes. These include Langtang glacier and Yala Glacier, formed by the snow coming down from peaks like Langtang Lirung (7,227 m). It makes the valley rich in meltwater resources.

Are there any natural hot springs along or near the trek?

Yes. Tatopani, a village south of the main route, is known for its natural hot spring. Though not on the main 13-day trail, many trekkers take a short bypass or visit this place after the trek to relax in its warm, healing, and mineral-rich water.

What are the medicinal plants that grow in the Langtang region?

The medicinal plants that grow in the Lantang region include Yarsagumba- a caterpillar fungus known for boosting energy and immunity. Panchaule- used for treating fever and wounds, and Jatamansi -used for stress relief and better sleep. These plants grow at higher altitudes and have higher medicinal value.

Can any sacred caves or hidden spiritual sites be seen along the trail?

Yes, Guru Rinpoche’s cave near Gosaikunda is a hidden spiritual site. It is believed that Padmasambhava meditated here centuries ago to bless the land, overcome negative forces, and spread spiritual energy throughout the Himalayas. So many worshippers still visit there during the Janai Purnima festival for blessings and prosperity.

How does altitude affect sleep during the trek?

You may experience altitude-related insomnia above 3,000 meters above sea level, due to thinner air. It is almost common at places like Kyanjin Gumpa and Lauribina. However, drinking plenty of water, gradual ascent, and avoiding caffeine in the evening can help improve your sleep.

Are there any local food specialities unique to Langtang?

Yes, Langtang is famous for its yak cheese, made at the Kyanjin Cheese Factory, which was established with the help of the Swiss. You can enjoy this creamy stuff along with traditional Tamang dishes like dhindo and tsampa, giving a different local experience.

Do mobile networks or WiFi work during the trek?

Mobile networks like NTC and NCELL work till the Lama Hotel. After that, Wifi is available in some teahouses, especially at Langtang Village and Kyanjin Gumpa, which are paid, but they are slow and unreliable. You have to adapt the habit of no WiFi for approximately 11 days.

Are there any ATM or money withdrawal facilities on the trail?

No, there are no Atm or money withdrawal facilities on the trail, especially beyond Syabrubesi, so you must carry enough cash in Nepali rupees. Teahouses and guest houses only accept cash, and it is advised to bring small, changeable notes for easier transactions throughout the route.

How do local communities benefit from trekking tourism?

Trekking provides 60-80% of local income through teahouses, guiding, and porter jobs. After the earthquake of 2015, it has been a main part of Langtang's economic recovery. It has been giving job opportunities to women and youths to run homestays, shops, and cooperatives.

Is the Langtang Gosaikunda Trek suitable for solo female travelers?

Yes, it is suitable for solo female trekkers with some preparation and basic precautions. The trail is moderately difficult and friendly, with good local hospitality, and many solo women have already done it with confidence. But hiring a guide adds extra safety and comfort.

What type of forest do we pass through on the way?

You'll hike through rhododendron, pine, and bamboo forests, which are part of Langtang National Park. These forests are home to rare animals and birds like red pandas, Himalayan black bears, Ibisbill, and Wood snipe, making it a paradise for nature lovers.

How cold can it get at the highest point of the trek?

At Lauribina Pass (4,610 m), the temperature drops to -10°C or lower in the early mornings and evening, especially from November to March during the winter season. Warm clothing and four-season sleeping bags are needed for comfort and safety.

What are the emergency evacuation options on the trail?

In case of illness or injury, helicopter evacuation from Kyanjin Gumpa or Gosaikunda is available. But it is expensive and costs around USD 2,000 to 5000, so travel insurance with high-altitude coverage up to 5,000 m is highly recommended for you.

What languages are spoken, and can I communicate easily?

Locals mainly speak Tamang, Nepali, and basic English. Most of the teahouse owners understand English well enough for communication. Learning simple Nepali phrases like "Namaste" or "Dhyandhadh" can help you to add charm and build a good image in front of them

Is there a viewpoint with 360° mountain views on this trek?

Yes, Tserko Ri (4,984 m) offers one of the best 360° panoramic views of the mountains. You can witness Langtang Lirung (7,227 m), Yala Peak (5,500 m), Dorje Lakpa (6,966 m), Langshisa Ri (6,427 m), Gangchempo (6,387 m), Ganja La Chuli (5,844 m), Pongen Dopku (5,930 m), Shishapangma (8,027 m), and even parts of Tibet on a clear day.

What is the story behind the yak herders in Langtang?

Yak herding is a centuries-old tradition here. In places like Kyanjin Gumpa, herders still use stone shelters at high altitude to take care of the yaks that provide them with their basic needs like milk, meat, and wool. These herders play a great role in supporting local teahouses with fresh dairy products.

Address

5th Floor, DRS Bhawan, Paknajol-16 Thamel

P.O Box 19505

Kathmandu, Nepal