

Gosaikunda Short Trek

URL: <https://himalayan360.com/trip/gosaikunda-short-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Religious Trip (optional)

Route

KTM-Dhunche-Gosaikunda-KTM

Duration

5

Destination

Nepal

Language

Nepal

Per Person From

USD 200

Region

Langtang Region Trek

Max. Altitude

4380M/14,370FT | Gosaikunda

Group Size

1 - 20

Best Season

March, April, May, Sept, Oct, Nov

Activities

5-6Hours

Trek Distance

30.8KM/19.1Miles

Transportation

Local Bus

Accommodation

Tea house or lodge

Meals

All Meals (Breakfast, Lunch & Dinner) during the trek

Difficulty

Easy

Highlights

- Explore Gosaikunda Lake along with Saraswatikunda and Bhairabkunda
- Visit the Sing Gompa (Chandanbari) monastery and the Sakyamuni temple near the lake
- Be surrounded by Himalayan peaks such as Langtang Lirung (7,227M), Ganesh Himal (7,422M),

Manaslu (8,163M), Dorje Lakpa (6,966M), and Hiunchuli (6,441M).

- Visit the high altitude Yak Cheese Factory in Chandanwari
- Observe the local Tamang and Sherpa cultures
- Trek through the sub-tropical forest of Langtang National Park
- Visit during the Janai Purnima festival to witness thousands of Hindu and Buddhist pilgrims offering prayers

Overview

You want to see the beauty of the high Himalayas, but do not have enough time for long treks? Don't worry, we have the perfect option for you. Langtang Gosaikunda Short Trek is a 5-day journey from Kathmandu to the glacial lakes inside Langtang National Park, reaching an altitude of 4,380M.

This trek takes you through Tamang villages, pine and rhododendron forests, to high mountain ridges facing the Langtang Himal range. You will also see some of the tallest peaks such as Langtang Lirung, Ganesh Himal, and Dorje Lakpa from open viewpoints near Laurebina and Gosaikunda. The trail also follows glacial streams and alpine lakes formed by ancient Himalayan ice movement thousands of years ago.

The route holds high spiritual value for both Hindus and Buddhists. Local Tamang people still follow old Himalayan traditions, mountain rituals, and monastery cultures. During the Janai Purnima festival, thousands of pilgrims walk to Gosaikunda for bathing in the icy lake. Prayer flags, stone shrines, mani walls, and chanting monks are part of daily life in this region.

The trek enters Langtang National Park, which is the first Himalayan national park established in 1976. The protected area covers around 1,710 sq km and supports wildlife such as the red panda, Himalayan black bear, musk deer, snow leopard and Himalayan monal.

The forest zone also protects medicinal herbs such as yarsagumba (caterpillar fungus), jatamansi, kutki, and chiraito, along with bamboo and pine forests, alpine vegetation, and aquatic ecosystems that connect to the higher Himalayas.

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Why Choose Himalaya 360 for Gosaikunda Short Trek?

Choosing Himalayan 360 for the Gosaikunda Short Trek means you'll travel with experienced local guides who care about your comfort, safety, and the Himalayan environment. Here are some reasons to choose us:

- Experienced local guides with deep knowledge of the Langtang and Gosaikunda region
- Government-registered and trusted trekking company in Nepal
- Friendly support team available before and during the trek
- We offer 100% personalized trips so you can customize the Gosaikunda itinerary to your preferred pace and preferences.
- All guides are government-certified, physically strong, and have medical backgrounds
- Strong focus on safety, eco-friendly travel, and responsible tourism
- Excellent value for money with quality service and transparent pricing

Best season to trek to Gosaikunda

The best seasons for the Gosaikunda 5 days trek are spring (Mar-May) and autumn (Sept-Nov), with autumn being the best season overall due to the clearest skies, calm weather, and best mountain views. The table below gives you clear insights:

Season	Trail Condition	Views	Recommendation
Spring (Mar - May)	Good, slightly muddy at lower elevations	Good mountain views, blooming forests	Very good
Summer/Monsoon (Jun - Aug)	Slippery trails, possible landslides, leeches	Poor visibility	Not recommended
Autumn (Sept- Nov)	Dry and safe trails	Best Himalayan views	Best season

Season	Trail Condition	Views	Recommendation
Winter (Dec - Feb)	Difficult due to snow and ice	Clear but harsh climate	Only for experienced trekkers

Why is Gosaikunda Lake Sacred?

Gosaikunda is one of the most sacred alpine lakes because of its importance in Hindu and Buddhist traditions. According to Hindu belief, the lake was created by Lord Shiva during the cosmic ocean churning. After drinking a deadly poison called *Halahala* to save the world, Shiva searched for cold water to cool his burning throat. It is believed that he struck the mountains with his trident, creating Gosaikunda Lake.

For Buddhists, Gosaikunda represents peace and purity. Many people connect the lake with Avalokiteshvara, the Bodhisattva of compassion, and visit the area for prayer and meditation. The lake also holds religious importance for the Tamang and Sherpa communities, where local shamans perform drumming and spiritual rituals to honor mountain spirits. Located at an altitude of about 4,380M, Gosaikunda is not only a natural wonder but also an important spiritual site in the Himalayas.

Short Gosaikunda Lake Trek Difficulty

The Gosaikunda 5 days trek is moderately difficult and is suitable for travelers with a good fitness level. Although the trek lasts only 5 days, the route climbs quickly after leaving Dhunche at around 2,030M to Gosaikunda Lake at 4,380M in just two days. This quick rise in altitude can make the trek physically demanding and may increase the chance of altitude sickness if you do not walk at a balanced speed.

The most challenging part of the route is the uphill climb between Deurali and Lauribina, where trekkers climb very long stone steps. The descent back to Dhunche can also be exhausting because of the terrain. Weather conditions in the high Himalayas can change quickly, even during the popular spring and autumn trekking seasons. Night temperatures near the lake fall below freezing, and strong winds, rain, or sudden snowfall can make the trek more difficult.

Permits required for Gosaikunda Short Trek

There are mainly two permits required for the Gosaikunda Trek. Langtang National Park Entry Permit and Local Area Permit.

Trekkers' Information Management System (TIMS) card

TIMS is a paper card that carries all the information about the trekkers. It is a very important document you need before going on a trek. However, you may not require TIMS card in cases like:

Since October 2018, the TIMS card is no longer required for the Gosaikunda trek. It has been replaced by the Local Area Permit, which is issued by the local government in Dhunche. Your trekking agency will arrange this permit for you as part of the package.

Likewise, from October 2018, TIMS has also become invalid for Gosainkunda trek. You now need to get a Local Area Permit to trek in this region.

Langtang National Park Permit

Gosaikunda lies in the Langtang National Park region of Nepal. So in order to trek to Gosaikunda, you need to obtain Langtang National Park Permit. You can get these permits at the Nepal Tourism Board office, Kathmandu or at Dhunche. For foreign nationals, this entry permit costs \$30 whereas for SAARC citizens it costs \$15. If you are trekking with children under the age of 10, you will not need to pay for their entry permit. Both of these costs do not include 13% VAT (Value Added Tax).

What Happens If I Don't Have a Permit?

Permit is required for trekking in any part of Nepal. It is illegal to trek without a permit so you must get a permit for your trek as soon as possible. You can buy a permit in Kathmandu as well as the starting point of the trek i.e. Dhunche. If you don't you may even have to pay a fine and get a permit on the spot.

Accommodation and Food on Gosaikunda Short Trek

Accommodation during the Short Gosaikunda Trek itinerary is provided by teahouses. These mountain lodges offer normal but comfortable rooms with twin beds, foam mattresses, pillows, and blankets. Most rooms are small and made with wooden interiors that keeps the room warm during cold nights. Bathrooms are shared, with both western-style and traditional squat toilets available in different villages. In lower stops such as Chandanbari (Sing Gompa), some lodges may also provide attached bathrooms for an extra cost.

Food on the trek is simple, fresh, and prepared to give trekkers enough energy for long walking days. The most common meal is dal bhat, a traditional Nepali dish served with rice, lentil soup, vegetables, and pickles. Teahouses also serve popular foods such as momo dumplings, fried rice, noodle soup, pasta, pancakes, and local pizza in lower villages. Hot drinks such as ginger honey tea, masala tea, lemon tea, and coffee are also available.

Porter Service for Gosaikunda Short Trek

Hiring a porter for the short trek to Gosaikunda Lake is a practical option for trekkers who want a more comfortable journey. Porter service for the Gosaikunda Short Trek costs USD 140 per porter for the entire trek. One porter can carry up to 18 kg of luggage, and the service can be shared between two trekkers.

Porter services make the trek much easier on the steep stone staircases and high-altitude areas near

Laurebina and Gosaikunda Lake. With lighter backpacks, you can walk more conveniently by saving energy and reducing physical pressure on extended trekking days. Porters are familiar with mountain trails, and they help trekkers enjoy the journey more safely while supporting the local mountain economy and jobs in the Langtang region.

How to prepare for the Gosaikunda Short Trek?

Since the trek reaches an altitude of 4,380 m in a short time, good physical preparation and proper packing are important. Here are some tips for preparation:

- Engage in activities like jogging, cycling, or swimming to improve lung capacity.
- Aim to drink 3–4 liters of water daily because dehydration worsens altitude symptoms.
- Stick to high-carbohydrate meals like Dal Bhat for long-lasting energy, and avoid alcohol or smoking above 3,000M.
- Consult a doctor about carrying Diamox (Acetazolamide) as a preventive measure
- Bring a sleeping bag for extra warmth near Gosaikunda Lake.
- Pack good trekking shoes with a strong grip for rocky trails.
- Start trekking early each day to avoid afternoon winds and fast-changing Himalayan conditions.
- Travel with a guide or trekking group if you are unfamiliar with high-altitude trekking in Nepal.

Why Separate Gosaikunda Trek Instead of Combining with Langtang Trek?

Many travelers choose the Gosaikunda trek separately because it is shorter and easier to fit into a limited travel schedule. The Gosaikunda Short Trek can be completed in 4 to 5 days from Kathmandu, while combining it with the Langtang Valley route takes 9 to 12 days.

The two treks also offer very different experiences. The Gosaikunda route is known for its spiritual importance, glacial lakes, and beautiful mountain range views. In comparison, the Langtang Valley trek focuses more on local Tamang culture, traditional villages, forests, yak pastures, and glacier scenery. Travelers who want a spiritual mountain journey with open landscapes prefer the separate Gosaikunda trek.

Gosaikunda Short Trek Cost

The cost of the Gosaikunda Short Trek ranges from USD 155–280 per person. It depends on the group size, with larger groups receiving lower per-person pricing. The package cost is USD 280 for a solo trekker, while groups of 2–3 trekkers pay USD 210 per person. For groups of 4–7 people, the price decreases to USD 175 per person, and larger groups of 8–20 trekkers can join the trek at USD 155 per person.

The trek cost covers essential trekking services such as transportation, guide support, accommodation during the trek, and required permits. Traveling in a group is one of the most cost-effective options for families, friends, and organized travel groups to complete a short Gosaikunda lake trek. Despite the lower group rates, trekkers still receive the same trekking route, mountain experience, and basic services throughout the journey.

Map

Itinerary

Day 1: Drive from Kathmandu to Dhunche (2,023M/6,637FT)

Your journey to the short Gosaikunda lake trek starts as soon as you leave Kathmandu early in the morning and drive to Dhunche, the main gateway to Langtang National Park. The journey takes around 6 to 7 hours, depending on traffic conditions and the time spent on breaks at highway lodges along the way.

During the drive, you will pass through places like **Trishuli**, **Bidur**, and **Ramche**. You will see busy roadside markets, local tea shops, and small trading areas where locals sell fresh vegetables, fruits, and daily goods. The drive follows the Trishuli River for much of the journey, so you'll spend the day enjoying the changing scenery and relaxing during the ride.

After reaching Dhunche, you'll check into a local lodge and have a warm meal before resting for the night. The next morning, the trekking route toward Gosaikunda begins inside Langtang National Park.

Distance:

5-6 hours

Highest Altitude:

2,023M/6,637FT | Dhunche

Accommodations:

Teahouse or Lodge

Day 2: Trek from Dhunche to Sing Gompa /Chandanwari (3,311M/10,862FT)

After breakfast in Dhunche, you will cross a few suspension bridges and pass small streams to enter a forest zone of hemlock, oak, and pine. If you are trekking in Spring (March/April), the trail is covered with blooming red and pink rhododendrons. Also, keep your eyes peeled for the **Red Panda**, **Serow**, or the **Himalayan Tahr** because this area of Langtang National Park is one of the best places in Nepal to spot these shy creatures.

About halfway through, you'll reach **Deurali (2,625M)**. This is the perfect spot for a tea break or a light lunch before the final push to the top. By the time you reach Chandanbari (3,300M), it is normal to feel a bit tired and slightly short of breath after the full day hike.

A Yak cheese factory and a monastery are the major attractions of Chandanwari. We will try the delicious Yak cheese and visit the Sing Gompa.

Distance:

5 hours

Highest Altitude:

3,311M/10,862FT | Sing Gompa

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse or Lodge

Trek Distance:

7.3KM/4.5Miles

Day 03: Trek from Chandanwari to Gosaikunda (4,380M/14,370FT)

You will leave Chandanbari early in the morning and continue climbing toward Gosaikunda. The trail gains altitude throughout the day as it passes through higher sections of **Langtang National Park**. After a few hours, the dense forest starts to thin out, and the landscape changes into open hills, rugged paths, and alpine terrain.

After hiking for nearly 1 and a half hours, you'll get to **Cholangpati (3500M)**. Another 2 hours of the walk will take us to **Lauribinayak (3900M)**. From Lauri Binayak, a panoramic view of Langtang Lirung, Ganesh Himal, Manaslu, Langtang Ri, and even Annapurna can be observed.

After Lauribina, the trail levels out slightly and follows the side of a mountain ridge. You will first visit Saraswati Kunda, followed by the larger Bhairav Kunda, before Gosaikunda comes into view. We will visit other sacred lakes and spend the night in a tea house.

Distance:

5-7 hours

Highest Altitude:

4,380M/14,370FT | Gosaikunda

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse or Lodge

Trek Distance:

8.1KM/5Miles

Day 04: Trek back to Dhunche (2,023M/6,637FT)

After a final sunrise and breakfast by the holy waters, you begin the hike back. First, you'll cross Lauribina Pass, then drop down to **Sing Gompa (Chandanbari)** or **Cholangpati** for lunch, where you can try fresh yak cheese one last time if you're interested.

Since you will be descending, hiking will be a bit easier and fun. You can also spot different protected species of birds such as **Wood Snipe**, **Snow Partridge**, **Tibetan Snow Cock**, and **Himalayan Monal**, along with beautiful Manaslu and Ganesh Himal views. The day concludes with a final drop to the riverside before a short walk into the town of Dhunche.

Distance:

6 hours

Highest Altitude:

4,380M/14,370FT | Dhunche

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Teahouse or Lodge

Trek Distance:

15.4KM/9.5Miles

Day 05: Drive Back to Kathmandu (1,400M/4,593FT)

Today is the last day of your trip. After a wonderful sleep in one of the tea houses in Dhunche, you will feel refreshed and enjoy your morning meal. Once breakfast is finished, you will pack your belongings and head to the local bus terminal, where you will board a shared vehicle for the journey toward Kathmandu.

As the trip concludes, you will arrive in Kathmandu. There, you will meet the company proprietor and share details about your travel experience. Afterward, you will return to your accommodation to relax and rest. In the evening, you will attend a farewell dinner at a restaurant in Kathmandu.

Following dinner, you will go back to the hotel and spend the night in Kathmandu.

Note: An extra night in Kathmandu is available at an additional cost of USD 50 per night, including booking of a local 3-star hotel in Thamel for your extended stay.

Distance:

5-6 hours

Highest Altitude:

2,023M/6,637FT | Dhunche

Gosaikunda Short Trek Includes/Excludes

Included in the package

- Kathmandu to Dhunche by public bus
- Dhunche to Kathmandu by public bus
- 4 Nights mountain lodge
- Langtang National permit fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek

- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the package

- Airport transfer
- International flight
- Kathmandu Hotel
- Travel insurance
- Personal Trekking Gear (Clothing, bags, etc.)
- Personal expenses (Internet, laundry, battery charging)
- Drinks (Soft drinks, beer, and any alcoholic beverages)
- Toiletries (Soaps, shampoo, toilet paper, toothpaste)
- Special Filming, Camera, and Drone permit fees

Group Discounts Available

No. of Persons	Price per Person
1+	USD 250

FAQ

Is there Wi-Fi or electricity on the trail?

Yes, most lodges offer charging and Wi-Fi services for an extra fee (around USD 3-5), but the connection can be unstable at higher altitudes.

Where is the start point of Gosaikunda trek?

Dhunce is the starting point of Gosaikunda trek which can be reached by taking a bus from Kathmandu in about 6 hours.

Are there really 108 lakes in the area?

Local legend says there are 108 lakes (Kundas). While you won't see that many on a short trek, you can easily visit three main ones: Saraswati Kunda, Bhairav Kunda, and the main Gosaikunda.

What is Gosaikunda famous for?

Gosaikunda is famous for its purest holy lake which is related to the myth of the Hindu Lord, Shiva. Throughout the year, many visitors visit Gosaikunda for holy purposes.

Does the lake ever change color?

Yes, depending on the time of day and the angle of the sun, the water can shift from a navy blue to a bright turquoise. In winter (December to February), the entire lake surface freezes solid by creating a white ice desert.

What permits do I need?

You need only the Langtang National Park Entry Permit. It costs NPR 3,000 (approx. USD 22-25) for international trekkers and NPR 1,500 (USD 10) for SAARC nationals.

What is the must-eat food on this specific route?

Besides Dal Bhat, the local Yak Cheese in Sing Gompa the must-eat food items. There is a famous government-run cheese factory there where you can buy it fresh. It's a high-energy snack perfect for the final climb to the lake.

Can I actually swim in Gosaikunda Lake?

No, swimming in Gosaikunda Lake is not recommended. The lake is a sacred site for Hindus and Buddhists, and the water is extremely cold throughout the year. Most visitors only touch the water for religious purposes or take a quick dip during festivals like Janai Purnima.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal