

Langtang Gosainkunda Trek

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

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Bouddhist Cultural Tour, Hindu Pilgrimage
Tour, Trekking in The Himalaya

Route

Kathmandu - Syabrubesi - Kyanjingumpa -13
Gosaikunda - Chisapani - Kathmandu

Duration

Destination

Langtang Region Trek, Nepal

Language

Langtang Region Trek, Nepal

Per Person From

USD 659

Region

Langtang Region Trek

Max. Altitude

4,984 m/16,352 ft

Group Size

2 - 20

Best Season

Spring (March to May) and Autumn
(September to November) 4-6 hrs walking

Activities

Trek Distance

152.8KM

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Major highlights of Langtang Gosaikunda Trek

- Trekking through the Langtang Valley exposes you to a diverse range of landscapes, from lush forests to rugged terrains, providing an ever-changing backdrop of natural beauty.
- The sacred alpine lakes of Gosainkunda are a central highlight of the trek. The shimmering blue lakes surrounded by snow-capped peaks create a peaceful and awe-inspiring sight.
- The wildlife of Langtang region provides you a chance to get a sight of some of the rare animals in the world.
- The Gosainkunda Lake holds spiritual significance for both Hindus and Buddhists. During the Janai Purnima festival in August, pilgrims flock to the lakes for religious rituals.
- Along the trail, you'll find teahouses and lodges that offer basic accommodation and traditional Nepali meals, allowing you to experience the warmth of Nepali hospitality.

Trip Map

13 days Langtang Gosaikunda Trek day by day Itinerary

Day 01: Drive from Kathmandu to Syabrubesi

The journey to the Langtang Gosaikunda Trek starts with a drive to Syaprubesi from Kathmandu Valley. The village lies 115km from Kathmandu, which is a 6-hour drive away. Public buses and private vehicles are options to get to Syaprubesi from Kathmandu. Likewise, the drive passes through Trishuli, Ramche, Dhunche before reaching Syaprubesi. Additionally, the drive passes through the paved and well-maintained section until reaching Dhunche and then includes a gravel section onward. Overnight at Syaprubesi.

About Syaprubesi

Syaprubesi is a small yet stunning village in Langtang Valley, at an elevation of 1,460m/ 4,790 ft. This village is the starting point of many trekking destinations in the Langtang region. Treks like the Langtang Valley, Gosainkunda Lake, and the Tamang Heritage Trail all start from here. It lies within the Langtang National Park and is part of a Tibet-Nepal salt trade route. Travelers can notice numerous checkpoints upon reaching the town. Moreover, the village has good facilities for accommodation and food.

Highest Altitude:

1,460 m/4,790 ft

Meals:

Lunch and Diner

Accommodations:

Tea house

Day 02: Trek From Syabrubesi to Lama Hotel

The actual trek begins from Syaprubesi. Early in the morning, after a warm breakfast at Syaprubesi's accommodation point, you'll make your way toward the first destination on the trek, the Lama Hotel. As trekkers begin their trek, they should check in at the Langtang National Park entry Permit point and continue. The trekking route first involves walking alongside the Trishuli River and the Langtang River at the final stage of the journey. It takes 6 hours to reach Lama Hotel from Syaprubesi, covering 11.5km/ 7 miles. Overnight at the tea house of the Lama Hotel.

About Lama Hotel

At an elevation of 2,470 m/8,104 ft, Lama Hotel is one of the popular rest points on the way to Langtang Valley. Its central location between Syaprubesi and Langtang Village makes it an ideal destination for a night stay at the beginning and last night of the trip to the [Langtang Valley trek](#). Here, many guesthouses, teahouses, and lodges are available for you to rest. The thick green forested hills and snow-covered peaks surround the village. In addition, the flowing **Langtang River** alongside the village adds to the beauty of its surroundings.

Distance:

6 hrs

Ascent:

1,070 m/3,510 ft

Descend:

60 m/197 ft

Highest Altitude:

2,470 m/8,104 ft | Lama Hotel

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

11.5 km/7 mile

Day 03: Trek from Lama Hotel to Langtang village

Wake up with the crisp air of the Himalayas and enjoy your meal. After finishing your morning meal, you'll make your way toward the Langtang Trek route along the Langtang River, passing through dense forests of rhododendrons and oak. You ascend gradually from the Lama Hotel to Ghodatahela, where you'll stop for lunch. After lunch, the trail continues towards Langtang village, where we first glimpse Mount Langtang Lirung. Passing through Thangshyap, you'll reach your day's final destination after 6 hours of trekking from Lama Hotel. Overnight at Langtang Village.

About Langtang Village

Langtang Village is a real Himalayan village located in Nepal's Langtang Valley, at an altitude of 3,430 meters (11,253 feet), right below **Mount Langtang Lirung**. From the village, you get great views of nearby glaciers, dense forests, and wide alpine meadows. It's a place where you'll see everyday life shaped by Buddhist traditions, prayer flags fluttering in the wind, stone-built houses, and small chortens along the path. Back in 2015, the village was hit hard by an earthquake and landslide, but the locals have rebuilt it since then. Today, it has functional teahouses and facilities for trekkers heading through the Langtang region.

Distance:

6 hrs

Ascent:

1,035 m/3,396 ft

Descend:

75 m/246 ft

Highest Altitude:

3,430 m/11,253 ft | Langtang Village

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

15.2 km/9.4 mile

Day 04: Trek from Langtang village to Kyanjin Gomba

Day four takes you closer to your destination. Finishing breakfast at the Langtang Village, the trek takes off towards **Kyanjin Gomba**. A short ascent from Langtang village leads you to Mundu, where the trail becomes gentle, and the view of Langtang Lirung becomes more glorious. Then, you continue through grasslands, crossing a wooden bridge, and reaching Sindum and Yamphu. The final part of reaching Kyanjin from Sindum is quite a stepper, but the trek offers an exceptional view of *Dorje Lakpa*, *Langshisha Ri*, and *Gangchempo*. It takes 4 hours to get to the day's destination and overnight point, Kyanjin Gomba.

About Kyanjin Gomba

Kyanjin Gomba, at 3,870 m/12,697 ft, is the final stop on the journey to Langtang Valley. It is also one of the [reason to trek to Langtang Valley](#). The village is naturally and culturally rich and serves as a key point for acclimatization. Likewise, it is known for its monastery, making it a spiritual haven in the region. Superb peaks like **Langtang Lirung, Changbu, and Langtang Yubra** surround this village, making it a trekker's favourite. Its remote location makes it a relatively basic teahouse. However, it provides warm hospitality and is ideal for rest.

Distance:

4 hrs

Ascent:

440 m/1,444 ft

Descend:

0 m

Highest Altitude:

3,870 m/12,697 ft kyanjin Gumba

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

7.8 km/4.8 mile

Day 05: Exploration Day at Kyanjin Gumpa

Day five is all yours, and you must explore the significant viewpoint above Kyanjin Gumpa. On the day, trekkers can either hike to **Kyanjin Ri** or to **Tsergo RI**. Yet, before heading for the viewpoint trek, you can participate in morning prayer at Kyanjin Gumpa, which will make you feel fresh for the whole day. After breakfast, you can choose your preferred destination for the day and start hiking. Whichever location you choose, you'll face a quite challenging section but an incredible view from its top. Moreover, you'll return to Kyanjin Gumpa in the evening after the day hike to stay overnight.

Distance:

7 hrs

Ascent:

1,114 m/3,655 ft

Descend:

1,114 m/3,655 ft

Highest Altitude:

4,984 m/16,352 | Tsergo RI

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

15.6 km/9.7 mile

Day 06: Trek from Kyanjin Gumpa to Lama Hotel

After spending a pleasant time at Kyanjin Gumpa, it's time for the return journey. Early in the morning, after breakfast at the teahouse of Kyanjin Gumpa, you'll step back towards Lama Hotel, following the same route alongside **Langtang Khola**. Descending down to yak herding villages and alpine meadows, you'll get to Ghodatabela from Kyanjin Gumpa. At Ghodatabela, you'll have your lunch and continue walking towards the day's destination. It takes 8 hours to return to the Lama Hotel from Kyanjin Gumpa. Overnight and dinner are at Lama Hotel's tea house.

Distance:

8 hrs

Ascent:

75 m/246 ft

Descend:

1,475 m/4,839 ft

Highest Altitude:

3,870 m/12,697 ft | kyanjin Gumba

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

23 km /14.2 miles

Day 07: Trek from Lama Hotel to Thulo Syabru

Eat a delicious morning meal at Lama Hotel and pack your backpack to continue your **Langtang Gosaikunda Trek Route**. The day's destination is Thulo Syabru, which takes 5 hours from Lama Hotel. The trail descends to the bank of the Langtang River via oak, birch, pine, rhododendron, and bamboo

forests. Likewise, the view of Ganesh Himal will accompany you throughout the trek. Walking for 12 km/7.4 miles from Lama Hotel, you'll reach Thulo Syabru, your day's overnight point.

About Thulo Syapru

Thulo Syapru is a charming village in the Rasuwa district at an elevation of 2,240m. Surrounded by the Langtang Himalayas and Valleys, the villages offer rest and overnight stays on the trek to beautiful Langtang Valley and Gosaikunda. Trekkers can witness the Tamang communities and their Tibetan Buddhist culture in this village. Furthermore, the village offers an ideal point for witnessing spectacular sunrise and sunset views over majestic snow-capped peaks.

Distance:

5 hrs

Ascent:

300 m/984 ft

Descend:

520 m/1,706 ft

Highest Altitude:

2,470 m/8,104 ft Lama Hotel

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

12 km/7.4 mile

Day 08: Trek from Thulo Syabru to Shin Gumba

The trek to **Gosaikunda Lake** begins today. After breakfast at Thulo Syabru's tea house, you'll start your day's trek towards **Shin Gumpa**. Ascending with vivid scenery and mountain views, it takes you to the stupa that offers a glimpse of **Thurman and Nagthali** in the distance. After a few hours of trekking, you'll reach your lunch point, Forpang Danda. After lunch, the trek continues and reaches Shin Gumpa with a gentle ascent up the stairs through the forest. It takes approximately 6 hours to get to Shin Gumpa from Thulo Syabru, covering **11.5 km/7.1 miles**. Overnight at Shin Gumpa.

About Shin Gumpa

Shin Gumpa, also known as **Chandanbari**, is the key point on the journey to the holy Gosaikunda Lake. The village lies at an altitude of 3,330 m/10,925 ft and is known for its yak cheese factory, Buddhist monastery, and panoramic views. Likewise, the village offers the finest accommodation options. Additionally, the view of **Ganesh and Langtang Himal ranges**, along with dense rhododendron forests, is astonishing from Shin Gumpa.

Distance:

6 hrs

Ascent:

1,080 m/3,543 ft

Highest Altitude:

3,330 m/10,925 ft to Shin Gumba

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

11.5 km/7.1 mile

Day 09: Trek from Cholangpati to Gosainkunda Lake

Today is the day you have been eagerly waiting for. The day that takes you to your ultimate destination, Gosainkunda. After a warm morning meal, you have to trek on a much more difficult route from Shin Gompa to Gosainkunda. It has continuous ascents through a rocky and narrow path. A few hours of walking take you to Cholangpati, from where the actual challenge begins. From Cholangpati, you'll continue walking to **Lauri Binayak (4,300m)** for around two and a half hours. Continuing the trek, you'll reach Gosainkunda. Overnight at Gosainkunda.

About Gosainkunda

Gosainkunda is a sacred alpine lake located in the Rasuwa district at 4,380 m/14,370 ft above sea level. The lake has a surface area of 13.8 ha (34 acres) and was designated a Ramsar site on 29 September 2007. *Gosainkunda Lake holds great significance for Hindus and Buddhists and is believed to be the abode of Lord Shiva, who created the lake by piercing the ground with his trident.* **Pilgrims around the country visit the lake during the full moon of August (Janai Purnima).** Likewise, there is a belief that taking a dip in the water cleanses all sins and offers blessings.

Distance:

7 hrs

Ascent:

1,090 m/3,576 ft

Descend:

40 m/131 ft

Highest Altitude:

4,380 m/14,370 ft | Gosainkunda

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

10 km/6.2 mile

Day 10: Trek from Gosainkunda to Ghopte via Laurebina Pass

Enjoy the tranquil beauty of Gosainkunda Lake and visit the surrounding area in the morning. After having your breakfast, you'll begin your return journey. The route to Ghopte starts with rocky trails with astonishing views of Langtang and the Ganesh Himal range. It also involves navigating **Lauribina Pass (4,610m)**, one of the highest points on the trek. Passing through High Camp and Phedi, you'll reach Surya Kunda, another beautiful lake in the region. It takes 8 hours from Gosainkunda to Ghopte, covering 15.5 km/9.6 miles. Overnight at Ghopte.

About Ghopte

Ghopte is a small and remote village within the Langtang National Park along the **Langtang Gosainkunda Helambu Trek**. The village lies at an altitude of 3,500m within the rhododendron and bamboo forest. Ghopte offers a few simple teahouses with minimal families. The village is near **Dupcheshwor temple** and lies Gosainkunda on its north. Moreover, the village has some highly sacred sites that **Guru Rinpoche visited 600 years ago**.

Distance:

8 hrs

Ascent:

230 m/ 755ft

Descend:

1,180 m/1,706 ft

Meals:

BLD

Trek Distance:

15.5 km/9.6 mile

Highest Altitude:

4,610 m/15,125 ft | Laurebina pass

Accommodations:

Tea house

Day 11: Trek from Ghopte to Kutumsang

Another day of the returning journey begins with a trek through a juniper, rhododendron, and pine forest. A few hours of trek from Ghopte takes you to **Thadepati**, where the route descends gently through the forest on the western ridge slope. Before reaching Thadepani, you'll come across the Helambu Circuit Trek route, which you can continue if you want to. Moreover, by crossing **Kyuola Bhanjyang**, you'll get to the day's overnight point, Kutumsang. It takes 7 hours to reach Kutumsang from Ghopte, covering 17.7 km/11 miles.

About Kutumsang

Kutumsang is a hill village in the Nuwakot district of Bagmati Province, central Nepal. Its altitude is 2,470 meters, which offers wonderful Himalayan mountain vistas, green valleys, and terraced fields. The Tamang people, who have their own separate language, culture, and way of life, reside mainly in the village, making it the right place for cultural immersion.

Distance:

7 hrs

Ascent:

260 m/853 ft

Descend:

1,220 m/4,003 ft

Highest Altitude:

3,690 m/12,106 ft | Thadepati

Meals:

BLD

Accommodations:

Tea house

Trek Distance:

17.7 km/11 mile

Day 12: Trek from Kutumsang to Chisopani

Have your morning meal at Kutumsang and continue your journey towards Chisapani. In the initial phase, the course ascends and then drops into Gul Bhanjyang Village. From there, it ascends to Thorong Danda's wide, dusty road and reaches Chipling village. A 7-hour trek from Kutumsang takes you to Chisapani, covering 14.7 km/9.1 miles. Overnight at Chisapani.

About Chisapani

Chisapani sits quietly at 2,135 meters, just northeast of Kathmandu. It's one of those perfect spots for a short hike, peaceful, fresh air, and if you're lucky with the weather, you'll catch the sunrise lighting up Langtang, Ganesh Himal, and Dorje Lakpa. The sunsets aren't bad either. Locals love it for a quick getaway from the chaos of the city, especially since it's right inside Shivapuri National Park. And it's not just about the views; even a slow walk here feels like a breath of fresh perspective and peace of mind.

Distance:

7 hour

Ascent:

345 m/1,132 ft

Descend:

650 m/2,133 ft

Highest Altitude:

2,470 m/8,104 ft | Kutumsang

Meals:

BLD

Accommodations:

Lodge

Trek Distance:

14.7 km/9.1 mile

Day 13: Trek from Chisopani to Sundarijal and drive to Kathmandu

Day thirteen marks the final day of the **trek to Langtang Gosaikunda**. After a warm breakfast, you'll leave Chisapani and make your way towards Sundarijal. The trail is plain and downhill with easygoing sections. The trek involves walking through **Shivapuri National Park via Mulkharka and Borlang Bhanjyang**. Within five hours of the trek from Chisapani, you'll get to Sundarijal. From there, you'll take a vehicle and drive back to Kathmandu.

About Kathmandu

Kathmandu, which sits at 1,400 meters, is both the starting and ending point of the Langtang Gosaikunda Trek. It's the capital of Nepal, so obviously the busiest city too. Surrounded by green hills, its roots trace back to the 2nd century. So, it's one of the oldest continuously lived-in places in the world. Kathmandu balances centuries-old temples and traditions with the chaos of modern life. And 7 of Nepal's 10 UNESCO World Heritage Sites are located inside the Kathmandu valley (Kathmandu, Bhaktapur, and Lalitpur).

Distance:

4 hrs

Ascent:

265 m/869 ft

Descend:

970 m/3,182 ft

Highest Altitude:

2,430 m/7972 ft Borlang Bhanjyang

Meals:

BLD

Accommodations:

3 star hotel

Trek Distance:

13.4 km/8.3 mile

Why Trek to Langtang Valley?

- Walk through forests of pine trees, blooming rhododendrons, and chirping birds.
- Watch the sunrise paint the mountains like Langtang Lirung and Dorje Lakpa golden.
- Hike to Kyanjin Ri or Tserko Ri, where the valley stretches wide and the air feels thin and wild.
- Sit quietly by the sacred waters of Gosaikunda, where pilgrims come to pray and legends come alive.
- Cross the high Lauribina Pass (4,610m), surrounded by towering peaks.
- Witness the rush of the Langtang River and waterfalls, which emerge from the Langtang Glacier.
- Share a meal and stories with Tamang and Sherpa families, learning about their lives and resilience after the 2015 earthquake.

Langtang Gosaikunda Trek Includes/Excludes

Included in the package

- Kathmandu – Syabrubesi by local bus
- Sundarjal to Kathmandu by Private Vehicle
- 1 Night Kathmandu 3 star hotel (sharing basis)
- 12 night in mountain tea house lodge (sharing basis)
- 13 Breakfast, 12 Lunch 12 Dinner
- One guide During the trek
- Langtang permit fees.
- TIMS card fees
- Local Gov. 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
- Extra night in Kathmandu

- Extra night during Trekking
- Meals which is not mentioned above
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boild water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 830
3 - 3	USD 770
4 - 6	USD 740
7 - 12	USD 690
13 - 20	USD 659

Langtang Gosaikunda Trek FAQ's

Is Langtang Gosaikunda trek safe?

Yes, the Langtang Gosaikunda Trek is safe, but only with proper precautions. As the trek takes place in a remote location and at a high altitude, it is quite challenging for travelers. But planning ahead, preparing adequately, and especially hiring a guide can ensure your safety.

What is the maximum altitude for the Langtang Gosaikunda Trek?

The maximum altitude for the Langtang Gosaikunda Trek is 4,610m above sea level at Lauribina Pass. The elevation makes it tough for trekkers due to reduced oxygen levels and difficulty breathing. Thus, trekkers must acclimatize and ascend gradually while trekking on the section.

How deep is Gosaikunda Lake?

Gosaikunda Lake at Langtang Valley of Nepal is 26.5 m deep. Likewise, the lake has a surface area of 34 acres (13.8 ha), about 600 meters long and 370 meters wide. Moreover, the lake has a complex of 1,030

ha (2,500 acres) and 108 lakes of different sizes.

Which mountain is seen from Gosaikunda Lake?

Mount Langtang Lirung and Ganesh Himal are majestic from the Gosaikunda Lake, adding to the beauty of the lake's surroundings. However, trekkers can witness Mount Manaslu, Shishapangma, Yara Peak, Gauri Sankar, Kang Guru, Himchuli, Dorje Lakpa, and Paldor Peak throughout the trek to Gosaikunda.

How long is Langtang Gosaikunda Trek?

The Langtang Gosaikunda Trek lasts 13 days. However, the actual time can change depending on the itinerary you choose and how you customize the trip. Also, we, Himalayan 360, let you personalize your itinerary to fit your preferences, making sure your trekking experience is made just for you.

Is the Gosaikunda Trek difficult?

The Gosaikunda Trek is moderately difficult, primarily because of its challenging climbs, high altitude, and lengthy days. But with some preparation, acclimatization, and trekking experience beforehand, you'd be well on your way to easily enjoying and completing this beautiful trek.

Is Solo Trekking Langtang Gosaikunda allowed?

Yes, you can solo trek to Langtang and Gosaikunda, but you must obtain permits such as the Langtang National Park Permit. Although solo trekking is allowed, hiring a local guide is recommended for safety, navigation, and an enriched experience, especially if you're unfamiliar with the region or high-altitude trekking.

Why is Gosaikunda famous?

Gosaikunda uniquely combines nature and faith. Trekkers enjoy stunning alpine views and peaceful forest trails. For many Nepalis, this lake holds deep spiritual significance. The silence is calming, thus it attracts diverse visitors: religious pilgrims, weekend hikers, and even teens seeking a break from the city.

Essential Information for 13 Days Langtang Gosaikunda Trek

- The Langtang Gosaikunda Trek takes 13 days to complete, starting with a drive to Syaprubesi from Kathmandu and ending with a drive from Sundarjal to Kathmandu.
- Spring (March to May) and Autumn (September to November) are favorable times to trek in the Langtang Gosaikunda.
- Winter (December to February) and summer (June to August) are the unfavorable times for trekking in Nepal, including Langtang Valley.
- The difficulty level of the trek is moderate to challenging, requiring good physical fitness.
- The trek to Langtang Gosaikunda takes you to a high altitude of 4,610m, which increases the chances of altitude-related issues.
- Langtang National Park Entry Permit and Trekker's Information Management System (TIMS) Card are two mandatory permits required for the trek.
- Tea houses and lodges are common accommodations and points of fooding along the trek to Langtang Gosaikunda.
- The weather in Nepal's Himalayas is unpredictable, so packing appropriately to fit every weather is crucial.

How can you reach Langtang Gosaikunda from Kathmandu?

Reaching Langtang and Gosaikunda from Kathmandu involves a combination of driving and trekking. From Kathmandu, trekkers must take a drive to Syaprubesi, and the trek begins from there. Likewise, ground transportation is the only way to get to Syaprubesi, as the village lacks airport facilities. However, travelers have options between buses and jeeps to get to Syaprubesi.

From Syaprubesi, trekkers must walk for 2 days to reach Langtang Village and 3 days to get to [Kyanjin Gompa](#). Likewise, trekkers must walk for 3 days to reach Gosaikunda from Kyanjin Gompa. *Similarly, to return to Kathmandu from Gosaikunda, hikers must return through Ghopte, Kutumsang, Chisapani, and Sundarikal, taking 4 days.*

Langtang Gosaikunda Lake Trek Distance, Duration, and Altitude

Trekking Route	Distance	Duration	Altitude
Syaprubesi to Lama Hotel	11.5 km/7 miles	6 Hours	2,470 m/8,104 ft
Lama Hotel to Langtang Village	15.2 km/9.4 miles	6 Hours	3,430 m/11,253 ft
Langtang Village to Kyanjin Gompa	7.8 km/4.8 miles	4 Hours	3,870 m/12,697 ft
Kyanjin Gompa to Lama Hotel	23 km /14.2 miles	8 Hours	2,470 m/8,104 ft
Lama Hotel to Thulo Syabru	12 km/7.4 miles	5 Hours	2120 m/6,955 ft
Thulo Syabru to Shin Gompa	11.5 km/7.1 miles	6 Hours	3,330 m/10,925 ft
Shin Gompa to Gosaikunda	10 km/6.2 miles	7 Hours	4,380 m/14,370 ft
Gosaikunda to Ghopte via Lauribina Pass	15.5 km/9.6 miles	8 Hours	3,500 m/11,483 ft
Ghopte to Kutumsang	17.7 km/11 miles	7 Hours	2,470 m/ 8,072 ft
Kutumsang to Chisapani	14.7 km/9.1 miles	7 Hours	2,165 m/ 7,135 ft
Chisapani to Sundarikal, then drive back to Kathmandu	13.4 km/8.3 miles	5 Hours	1,400m/ 4,593ft

Langtang Gosaikunda Temperature and Weather Condition

The weather of Langtang Gosaikunda changes throughout the year and depends on the season. The region faces four distinct seasons, and the area's weather changes accordingly. Summer has pleasant weather with warm days, but rainfall during that time makes visibility difficult.

Spring has ideal weather with blossoming rhododendrons, not hot or cold temperatures, and excellent sky visibility. Likewise, Autumn also has pleasant weather, making it the best trekking season. Moreover, Winter has harsh weather with extremely cold temperatures, dropping below minus degrees Celsius.

Here is a temperature table that Langtang Gosaikunda faces month-wise:

Month	Minimum Temperature (°C)	Maximum Temperature (°C)
January	-10°C to -5°C	5°C to 10°C
February	-8°C to -3°C	7°C to 12°C
March	-5°C to 0°C	10°C to 15°C

April	-2°C to 3°C	12°C to 18°C
May	0°C to 5°C	15°C to 20°C
June	3°C to 8°C	18°C to 22°C
July	5°C to 10°C	19°C to 23°C
August	5°C to 10°C	17°C to 22°C
September	3°C to 8°C	15°C to 20°C
October	-2°C to 3°C	12°C to 18°C
November	-5°C to 0°C	10°C to 15°C
December	-8°C to -3°C	7°C to 12°C

NOTE: The above data on temperature are approximate, and actual temperature may vary depending on weather conditions and the altitude of the specific location.

Langtang Gosaikunda Lake Trek Cost

Langtang Gosaikunda Lake Trek cost **USD 780 per pax in average**. However, the cost of the trek varies depending on various factors, and the group size is one of the prominent factors that make changes in the trip's overall cost. This means that the more you're in a group, the more likely you'll get a group discount, reducing the trip's overall cost. For groups of 2-4 people, we provide the journey at just a cost of **USD 720 and USD 690 for a group of 4-6 pax**. *Likewise, we offer the trip at just USD 650 for those in groups of 7-12. Moreover, the trip package costs only USD 599 for a group of 13-20 people.*

Here are the other factors that affect the cost of the Langtang Gosaikunda Lake Trek:

- **Duration:** Generally, the trek to Langtang Gosaikunda can be completed within 13 days. However, if trekkers want to add other days to the itinerary, everything from accommodation to fooding will be charged extra for additional days, impacting the overall cost.
- **Chosen Accommodation:** Tea houses are the common accommodation throughout the trip, and they can't be upgraded. However, trekkers can choose accommodations according to their desires and luxury preferences. The cost varies depending on the chosen itinerary.
- **Customization of Trip:** Some trekkers want to extend or shorten their trip according to their time availability and preference. Likewise, trekkers want to make changes at their own pace. In such cases, the trek cost increases or decreases according to how customized the itinerary is.

Do we get Altitude Sickness During the Langtang Gosaikunda Trek?

Altitude Sickness is a significant concern as trekkers move above 2,500m, and the trek to Langtang Gosaikunda takes up to an elevation of 4,610m. Thus, the chances of getting altitude-related issues are common during the trek to **Gosaikunda Langtang**. Therefore, trekkers must be prepared and ready to cope with altitude challenges. Here are some common symptoms of altitude sickness:

1. Headache (most prominent symptom)
2. Feeling or being sick
3. Loss of appetite
4. Feeling tired or exhausted
5. Difficulty sleeping

6. Dizziness
7. Fatigue
8. Vomiting

Here are some ways how one can prepare for altitude sickness during the Langtang Gosaikunda trek:

1. Gradual ascent
2. Acclimatization
3. Avoid rapid elevation changes
4. Stay hydrated
5. Get proper rest
6. Avoid alcohol and smoking
7. Avoid caffeine items
8. Take proper rest

How to prepare for the Langtang Gosaikunda trek?

Preparation is crucial while trekking to high altitudes. Thus, for the Langtang Gosaikunda trek, trekkers must also be prepared a couple of months before the trip starts. From physical to mental preparedness to preparation with all required equipment and permits, trekkers can prepare for any challenge or obstacle during their trek.

Fitness and difficulty

As the trek to Langtang and Gosaikunda takes place in a remote location with an uneven and difficult trekking route, trekkers must be physically fit to start their journey. To be fit physically, we recommend that travelers focus on building their durability, especially leg strength and flexibility. The more you are involved in the training, the more likely you'll cope with challenges during the trekking expedition.

Mental Preparation

Being mentally prepared is as important as being physically prepared. Without a proper mindset and mental preparation, one can't complete the trek. Trekkers can be mentally fit by setting realistic goals, such as the trek taking place at a high altitude, and there is a chance of facing altitude sickness symptoms. Also, it's a good idea for trekkers to be ready for sudden weather changes. Pick up a few stress-management tricks or basic yoga to keep your mind calm and focused.

Equipment

Equipment is another important aspect of preparing for a trek. The weather in the Himalayan area changes frequently, and it is vital to have every gear and equipment that fits every weather. Trekkers should buy or rent equipment, including a base layer, insulation layer, outer layer, footwear, sleeping gear, and other trekking essentials.

Gosaikunda Lake and its spiritual significance

Gosaikunda is the sacred lake of **Langtang National Park**, located at an impressive altitude of **4,380m/14,370** ft within the Rasuwa district. Indeed, the destination is famous for its natural beauty and attracts

thousands of trekkers every year. Yet, besides its tourism perspective due to its beauty, the lake holds spiritual significance among Hindus and Buddhists. In Hindu mythology, there is a belief that it is the place where Lord Shiva and his consort, Goddess Parvati, lived.

Furthermore, there is a belief that Lord Shiva formed the lake of Gosaikunda by piercing the land with his trident to get water and mitigate his burning throat due to poison. Similarly, the lake is significantly associated with the **Hindu heroic Mahabharata**. *Gosaikunda Lake is a prominent hub for devotees during important religious festivals, especially during Janai Purnima, which falls during the full moon of August.* Moreover, taking a dip in the holy lake of Gosaikunda is believed to cleanse all sins and bring blessings.

Langtang Gosaikunda trek guide and permits

Trekking in Langtang Gosaikunda requires some mandatory permits to complete the journey smoothly and without interruption. On the other hand, hiring a guide is a choice, depending on the trekker's preference and experience. Obtaining the permit for the trek to Langtang Gosaikunda helps manage the number of trekkers in the area and contributes to conserving the natural environment. Moreover, guides will help you provide all the information you see along your tour.

Furthermore, the **Langtang National Park Permit and the Trekkers' Information Management System (TIMS)** card are the two permits required for the trek. The cost of the Lantang Gosailunda permit includes the following:

Cost of Langtang National Park Permit:

Nationality	Cost
SAARC Nationals	NPR 1,500
Other Nationals	NPR 3,000

Cost of Trekkers' Information Management System (TIMS) card:

Nationality	Cost
SAARC Nationals	NPR 1,000
Other Nationals	NPR 2,000

Update: *The TIMS Card is not checked anywhere during travel, so it is not required to get the TIMS Card as well.*

Address

Address:

Galkopakha Marg - Kathmandu - Nepal