

Langtang Gosaikunda Trek

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Langtang Gosaikunda Trek

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Trip Code

LT2026

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu to Kathmandu

Duration

14 Days

Region

Langtang Region Treks

Max. Altitude

4,990 Meters

Nature Of Trek

Basic Lodge to Lodge Trek

Best Season

Spring & Autumn

Activity Per Day

6-8 Hours

Transportation

Drive

Per Person From

USD 1,099

Group Size

1 - 14

Trip Difficulty

Moderate

Accommodation

Trekkers Hut

BLD

Breakfast, Lunch and Dinner

Langtang Gosaikunda Trek, Complete Guide to a Himalayan Adventure

The Langtang Gosaikunda Trek is one of the most appreciated journeys, combining awesome mountain views, sacred alpine lakes like Gosaikunda, Bhairab Kunda, Saraswoti Kunda, and rich Tamang culture. These trails situated north part of Kathmandu, this trek is perfect for adventurers seeking with less-crowded alternative to the Everest and Annapurna regions with panoramic views, wonderful mountain ranges, flora and fauna to entering in Langtang national park.

The Best Time for Langtang Gosaikunda Trek

The Spring Season (March-May): Rhododendrons in bloom, normally clear skies, best visibility with best temperature.

The Autumn season (September-November): Stable clear weather, best visibility with festival.

The Winter season (December-February): Cold temperature but peaceful with fewer trekkers during the season and clear skies.

The Monsoon season (June-August): Rainy, big chance for flooding and landslide but great for greenery and fewer crowds on the trails.

Langtang Gosaikunda Trek Permits & its Costs

The Langtang Gosaikunda trek need two different types of permits, Langtang national park entry permit and TIMS card from Nepal tourism board, here is the required permits and their cost.

TIMS (Trekking Information Management System) Card cost: **USD \$20/-**

Langtang National Park Entry permit cost: **Npr. 3,000/-** (approx. **usd \$ 25**).

Langtang National Park Fee: Included in Langtang national park permit.

Total Langtang Gosaikunda trek permit cost per person: **USD \$45/-**

Langtang Gosaikunda Trek Conclusion

The Langtang Gosaikunda Trek is the perfect blend of nature, culture, Himalayan views and spirituality. Whether you are drawn by the alpine beauties of Gosaikunda Lake or the welcoming spirit of Tamang villages with rich cultures, this trek offers an unforgettable Himalayan adventure journey within a short reach from capital city of Nepal. This is the perfect for beginners with proper preparation and for expert hikers too, bring you to the rich beauty of nature.

Plan your Langtang Gosaikunda Trek with our complete guide. Discover itinerary, permits, costs, highlights, and travel tips for this stunning Himalayan trek [Namaste!](#)

Langtang Gosaikunda Trek Itinerary

The **Langtang Gosaikunda Trek Itinerary** is a planned schedule that outlines the daily trekking route, destinations, and activities for the journey through the Langtang Valley and the sacred lakes of Gosaikunda in Nepal.

This itinerary typically includes trekking through traditional Tamang villages, forests, and high-altitude landscapes while visiting important stops such as Langtang National Park and reaching the holy Gosaikunda Lake. The itinerary usually lasts **12-16 days**, depending on the route, acclimatization days, and side trips. It helps trekkers plan their journey safely and enjoy the natural beauty and cultural experiences of the region

Day 01: Drive to Syabrubesi (1503 meters).

Accommodations: Tea house

Food: Breakfast, Lunch and Dinner at guest houses.

Distance and time duration: 122 km it's about 6 -8 hours estimate, depending on your traffic and road condition.

Elevation gain: 100 meters (Syabrubesi 1503m to Kathmandu 1400m).

Trail difficulty: All the road is concrete, but some place is broken from the landsliding.

This is the day to start your trekking to the Langtang national park, wake up early in the morning and there is local bus, and some jeeps are leaving every day to Syabru besi and Dhunche. About 122 km driving to Syabrubesi takes about 6-8 hours, depending on the road condition and traffic.

To drive Dhunche or Syabru besi is challenging, hilly road, and sometimes ascending steep up and down, curving left to right but wonderful landscapes during the drive. Passing through rivers, jungles and beautiful villages. After this all you will arrive in Syabru besi, and stay overnight here.

Drive Distance

122KM

Drive Duration

5-6 Hours

Highest Altitude:

1,503 Meters

Meals:

BLD

Place:

Syabrubesi

Accommodation:

Basic Guest House

Day 02: Trek to Lama Hotel (2410 meters).

This is your first trekking day in Nepal Himalaya. Start your trek after the breakfast, here are the main attractions for the day with highlights and details for the day trek:

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner in the guest houses.

Distance and time duration: 11 km it's about 5 -6 walking hours estimate, depending on your walking speed.

Elevation gain: 907 meters (Syabrubesi 1503m to Lama Hotel 2410m).

Trail difficulty: This day is Easy trail with some steep up and down.

Highlight of the day:

- 1.Pass through village to village.
- 2.Natural white Rivers.
- 3.Nice forest.
- 4.Wild bees hunting.
- 5.Wildlife.

Today you going to sleep at the altitude of 2410 meters in Lama Hotel.

Trek Distance:

11 KM

Trek Duration

6-7 Hours

Highest Altitude:

2,410 Meters

Meals:

BLD

Place:

Lama Hotel

Accommodation:

Basic Guest House

Day 03: Trek to Langtang Village (3450 meters).

This is your second trekking day in Nepal Himalaya. Start your trek early in the morning and you will have enough time to see on the way to Langtang village.

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner in the guest houses.

Distance and time duration: 14 km it's about 6-7 walking hours estimate, depending on your walking speed.

Elevation gain: 1040 meters (Lama Hotel 2410m to Langtang village 3450m).

Trail difficulty: This day is moderate trail with some steep up.

Highlight of the day:

- 1.Passing wonderful forest and Rivers.
- 2.Passing beautiful village, Godaabela, riverside, and Langtang village.
- 3.First view of Langtang Lirung (7234 meters).
- 4.Wide valley after Godaabela and beautiful views.

Walk slowly, drink water regularly to avoid altitude sickness. Today you are gaining more than 1000 meters and reaching 3450 meters. Stay in Langtang overnight.

Trek Distance:

14 KM

Trek Duration

6-7 Hours

Highest Altitude:

3,450 Meters

Meals:

BLD

Place:

Langtang village

Accommodation:

Basic Guest House

Day 04: Trek to Kyanjin (3830 meters).

This is your 4th day trekking experience in Nepal Himalaya. Start your trek early in the morning and you will have enough time to views of wonderful mountains and explore the Kyanjin village.

Accommodations: Tea house trek today

Food: Breakfast, Lunch and Dinner at guest houses.

Distance and time duration: 7 km it's about 6-7 walking hours estimate, depending on your walking speed.

Elevation gain: 380 meters (Langtang village 3450m to Kyanjin Gomba 3830m).

Trail difficulty: This day is moderate trail with nice and wide valley mostly flat trails.

Highlight of the day:

1. Passing wonderful valley with beautiful views.
2. Panoramic mountains views.
3. Langtang Lirung and Glacier.
4. Kyanjin gomba and the village.

After this all you enjoyed a short trek from Langtang village to Kyanjin Gomba. Explore this village and stay overnight here.

Trek Distance:

7 KM

Trek Duration

3-4 Hours

Highest Altitude:

3,830 Meters

Meals:

BLD

Place:

Kyanjin Gomba

Accommodation:

Basic tea house

Day 05: Hike to Tserko-ri (4985 meters).

This is your 5th trekking day in Nepal Himalaya. Start your hike very early in the morning and you will have enough time to see beautiful viewpoint from Tserko-ri and back to Kyanjin.

Accommodations: Tea house trek today

Food: Pack Lunch and Dinner in the guest houses.

Distance and time duration: 10 km it's about 7-9 walking hours estimate, depending on your walking speed. A very steep ascending to Tserko-ri.

Elevation gain: 1155 meters (Kyanjin Gomba 3830m to Tserko-ri 4985m).

Trail difficulty: This day is the most challenging trail with steep ascending to Tserko-ri.

Highlight of the day:

1. Passing wonderful valley and Rivers.
2. New experience to walking on the dark.
3. One of the best viewpoints in this route Tserko-ri
4. Great panoramic views of the mountains.
5. Elevation gaining.

Your day start at dark and arrived at afternoon, and rest of the day enjoy with resting. Stay overnight in Kyanjin village another night.

Trek Distance:

10 KM

Trek Duration

7-8 Hours

Highest Altitude:

4,985 Meters

Meals:

BLD

Place:

Kyanjin Gompa

Accommodation:

Basic Guest House

Day 06: Trek back to Lamahotel.

Accommodations: Tea house trek

Food: Breakfast, Lunch and Dinner in the guest house.

Distance and time duration: 21 km it's about 6 -7 hours estimate.

Elevation loss: 1420 meters (Kanjin Gompa 3830m to Lama Hotel 2410m).

Trail difficulty: This day is Easy descending trail.

This is your 6th day trekking Experience, now you are almost good on pace to walk. Today only trekking back to Lama Hotel same way down. All you know the trails when you walk up. It's about 6-7 hours trekking back to Lama Hotel and stay overnight here.

Trek Distance:

21 KM

Trek Duration

7-8 Hours

Highest Altitude:

2,410 Meters

Meals:

BLD

Place:

Lama Hotel

Accommodation:

Basic Tea - House

Day 07: Trek to Thulo Syabru.

Accommodations: Tea house

Food: Breakfast, Lunch and Dinner at guest house.

Distance and time duration: 13 km it's about 5-6 hours walking estimate, depending on your walking speed.

Elevation loss: 180 meters (Thulo Syabru 2230m to Lama Hotel 2410m).

Trail difficulty: This day is Easy trek descend to Pairo and after this step short ascending trails to the Thulo Syabru.

The 6th trekking experience day. Today is easy to moderate trekking trails to the Thulo Syabru where your trek starts towards Gosaikunda a holy lake.

Trek Distance:

13 KM

Trek Duration

5-6 Hours

Highest Altitude:

2,230 Meters

Meals:

BLD

Place:

Thulosityabru

Accommodation:

Basic Tea - House

Day 08: Trek to Chandan Bari (Sing Gompa).

Today is about 8km walking distance, normally 5-6 hours walking through beautiful rhododendron bushes with view of Ganesh Himal ascending about 1000m to the Chandan Bari stay overnight here.

Altitude: 3250m at Chandan Bari/Sing Gompa.

Time duration: 5-6 hours normal walking speed.

Distance: 8.5km Thulosityabru - Sing Gompa.

Elevation gain: 1020m from 2230m to 3250m.

Trails difficulty: Moderate trails to Sing Gompa.

Food: Stops at guest house, choose from simple menu.

Accommodations: Basic Tea houses.

Highlights of the day: old cheese factory at Sing Gompa, wonderful valley views from Komrong Danda, wonderful views of the Ganesh Himal with dense pine forest and rhododendron forest.

Trek Distance:

8.5 KM

Trek Duration

5-7 Hours

Highest Altitude:

3,250 Meters

Meals:

BLD

Place:

Chandanbari

Accommodation:

Basic Tea - House

Day 09: Trek to Lauribina Yak.

As usual, start your trek after breakfast. About 7km walking distance take around 4 hours. Passing through wonderful landscapes and Cholangpati. Continue ascending to the Lauribinayak one of the most

beautiful places for panoramic views.

Altitude: 3920m at Lauribina Yak

Time duration: 4- 4.5 hours, normal speed.

Distance: About 7km, Chandanbari – Lauribinayak.

Elevation gain: 690m from 3250m to 3920m

Trails difficulty: Moderate gradually ascending trails.

Food: Simple choice from Menu card.

Accommodations: Basic tea – houses in Lauribinayak.

Highlights of the day: Passing wonderful landscapes, rhododendron forest, mountain views, and the land above the tree line and clouds.

Trek Distance:

7 KM

Trek Duration

3-4 Hours

Highest Altitude:

3,920 Meters

Meals:

BLD

Place:

Lauribina Yak

Accommodation:

Basic Tea – House

Day 10: Trek to Gosaikunda a Holley lake.

Start your trek to avoid wind, it is short distance but better early views. About 6km distance need approximately 4 hours to ascend Gosaikunda Lake, and stay overnight.

Altitude: 4380m at holly lake Gosaikunda.

Time duration: approximately 4 hours.

Distance: 6km trekking distance from Lauribina Yak.

Elevation gain: 460m from lauribina Yak.

Trails difficulty: Moderate trails but altitude challenging.

Food: Choice from simple Menu card.

Accommodations: Basic guest -houses available.

Highlights of the day: Sacred lakes: Saraswati Kunda, Bhairav Kunda, and Gosaikunda with majestic panoramic views of the mountains. Peaceful atmosphere surrounding by wonderful Himalayan terrains.

Trek Distance:

6 KM

Trek Duration

3-4 Hours

Highest Altitude:

4,380 Meters

Meals:

BLD

Place:

Gosaikunda Lake

Accommodation:

Basic Guest House

Day 11: Trek to Ghopte via Lauribina yak pass.

Start your trek early in the morning as soon as possible because avoid windy. Today is challenging trail over Lauribinayak pass 4600m, and about 12km distance need 6-8 hours to complete.

Altitude: 3430m at Ghopte village.

Time duration: 6-7 hrs. over Lauribina-Yak pass (4610m).

Distance: 12km from Gosaikunda lake to Ghopte.

Elevation gain: 230 m ascent and 1,180 m descent.

Trails difficulty: Challenging over 4610m Pass.

Food: Basic choice from the simple Menu card.

Accommodations: Basic tea-house available for overnight.

Highlights of the day: Cross the majestic Lauribina Pass (4,610 m), Stunning alpine lakes and Himalayan views and enter lush green forest after the stark, rocky highlands a striking contrast in scenery

Trek Distance:

12 KM

Trek Duration

5-6 Hours

Highest Altitude:

3,430 Meters

Meals:

BLD

Place:

Ghopte

Accommodation:

Basic Tea - House

Day 12: Trek to Tharapati (3640 Meters).

Today is easy 200m ascend to the Tharapati, short distance about 4 hours walking after that discovering the villages, stay overnight in Tharapati.

Altitude: 3640m at Tharapati village.

Time duration: approximately 4 hours trekking.

Distance: About 6km fro Ghopte to Tharapati.

Elevation gain: 210m altitude different from Ghopte.

Trails difficulty: Easy trekking trails to Tharapati.

Food: Choice from simple Menu card.

Accommodations: Basic tea - houses available.

Highlights of the day: Serene Forest walk with birdlife and mountain views, Peaceful ridgeline at Tharepati with spectacular sunset/sunrise and Junction point between Langtang-Gosaikunda and Helambu trekking routes

Trek Distance:

6 KM

Trek Duration

3-4 Hours

Highest Altitude:

3,640 Meters

Meals:

BLD

Place:
Tharapati

Accommodation:
Basic Tea - House

Day 13: Trek to Kutumdabg from Tharapati.

Perfect trekking the Tharepati to Kutumsang section takes you from the high alpine ridges down into charming mid-hill villages, offering a blend of Himalayan views and lush green landscapes. It's a beautiful transition day on the Langtang-Helambu trail.

Altitude: 2470m at Kutumsang village.

Time duration: 7-8 hours desced to Kutumsang.

Distance: 15-16km from Tharapati village.

Elevation loss: 1170m descending from Tharapati.

Trails difficulty: Easy trekking descending to Kutumsang.

Food: Choice from simple Menu card.

Accommodations: Basic tea - houses available.

Highlights of the day: Stunning ridge walk with changing vegetation zones, Forested descent through rhododendron and oak, Local Tamang and Sherpa villages along the way and Expansive views of Langtang, Dorje Lakpa, and Helambu hills.

Trek Distance:
15KM

Trek Duration
6-7Hours

Highest Altitude:
2,470 Meters

Meals:
BLD

Place:
Kutumsang

Accommodation:
Basic Tea - House

Day 14: Drive to Kathmandu.

Time duration: 6-7 hours drive time to Kathmandu.

Distance: 120km drive distance from Kutumsang to Ktm.

Road difficulty: half of the road is off-road driving.

Accommodations: Comfortable Hotel in Kathmandu.

Driving route: Kutumsang - Melamchi bazar - Shakhu - Baudha and Kathmandu.

Note: Can be customized for shorter or longer versions this itinerary according to your fitness level.

Drive Distance
120KM

Drive Duration
6-7 Hours

Highest Altitude:
1,360 Meters

Meals:
BLD

Place:
Kathmandu

Accommodation:
Comfortable Hotel

What's included for Langtang Gosaikunda trek?

- All the Airport Transfer are Included.
- All the accommodation & meal (3 times a day with one main course) during the trek are included.
- Seasonal fresh fruit providing with dinner.
- Two Nights Hotel in Kathmandu with BB plan Included.
- All the official paperwork, Permits are including.
- The Transportation to Syabrubesi and Kutumsang to Kathmandu by hiring jeep are included.
- Government license holder Ascend Hikes Experience English speaking Guide is providing.
- A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage providing.
- All the Insurance of Guide and Porters are included.
- Farewell dinner in Kathmandu is included.

Cost Excluded for Langtang Gosaikunda trek.

- Travel Insurance and Entry visa fees are excluded.
- International Flight tickets are excluded.
- All trekking gear and other expenses are excluded.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc are exclude.
- Food before and after Trekking are excludes.
- Excess Baggage charge is excluded.
- Personal expenses: Wi-Fi, Battery charge etc. are exclude.
- Staff (Porter and guides) tips are excluded
- Note: All other things are excluded which is not in the list of Include.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,699
2 - 2	USD 1,199
3 - 3	USD 1,099

No. of Persons	Price per Person
4 - 4	USD 999
5 - 5	USD 955
6 - 6	USD 899

Difficulty & Acclimatization

The Langtang valley and Gosaikunda trek is categorized in moderate with some steep ascents and high passes. With Proper acclimatization is the key to prevent altitude sickness (AMS). Drink plenty of water (recommended 3-4liters in a day), trek slowly, and consider adding an extra day for acclimatization is the key to make complete your dream adventure journey of Langtang and [Gosaikunda](#).

Accommodation & Food on Langtang Gosaikunda trek

Tea houses: The basic tea-houses are available along the langtang - Gosaikunda trail, offering with simple twin sharing rooms and basic sharing toilets.

Meals: Along the Langtang - Gosaikunda trails, food include dal bhat, basic noodlesn items, momos, Tibetan bread, and soups are easily available.

Note: Carry some snacks for high passes and remote areas for extra energy.

Travel Tips for Langtang Gosaikunda Trek

A beautiful and one of the most popular trekking destinations in Nepal, the Langtang - Gosaikunda trek, if you well perpetration then the trails make your journey special and memorable. to make your adventures journey special please flow the flowing tips.

Hire a licensed trekking guide for safety and navigation in mountain.

Trekking gears, Carry warm layers, trekking poles, and a sleeping bag.

Ensure you have travel insurance with helicopter evacuation coverage.

Respect local culture and traditions, Gosaikunda is a sacred pilgrimage site.

Hire a porter for make easy and comfortable your journey in the Himalaya.



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Cholang - Pati

What to pack for Langtang Gosaikunda trek?

Here are the must necessities equipment recommended to pack for the trekking to Langtang Gosaikunda trek to avoid weather disaster.

Travel Documents to carry.

Valid Passport (in case some place you need it).

Debit/Credit Cards (For your own safety).

PP Size Photo (2 Pieces) (need for the permits).

Insurance paper and contact address (need for the rescues).

Family members / company's contact address.

Medical/First Aid.

Small First Aid Kit - Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.

Medications and prescriptions - Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear for the Langtang Trek

Sun Cap: To protect sun, burn during the day trip.

Warm Hat: Need for the high altitude to avoid cold.

Neck Gaiter (Scarf): Protect your neck to keep warm.

Head lamps: Remote area, most needed.

Footwear for Langtang - Gosaikunda Trek

Normal Socks (3-4 Pairs)

Warm Socks (2-3 Pairs)

Trekking Shoes: Comfortable to hikes/ Trekking.

Sports Shoes: For the evening in the guest house.

Eye care

Sunglasses: Important to protect your eye.

Eye drop: Better to have one sometimes need it.

Hand Wear

Thin Fleece glove a pair: Keep your hand warm.

Wind Stopper glove a pair: Useful for day hike.

Walking Stick: It helps a lot on the trekking while walking.

Bag Packs

Day Bag Maximum 35L for during the day hike.

Duffle Bag 40 L -60 L waterproof would be better.

Toilet and daily used things

Hand sanitizer: To clean your hand fast way.

Toilet Paper & Wet Tissue: It needed each day.
Toothbrush: It is daily used things to care teeth.
Soap and Shampoos: You need every day in the mountain.
Towel: Important daily used things.



Budy Weare

Thermal Top Base Layer (2-3 pieces).
Fleece Jacket (1 Piece).
Gore Tex/ windproof Jacket (1 Piece).
Warm Jacket (1 Piece).
Insulated Down Jacket (1 Piece).
Cotton T-Shirt (2-4 Pieces).
T-shirt - Sport- quick dry and breathable (2-3/2-3 Pieces).

Lower part of Body wear

Thermal Layer (2 Pieces)
Fleece Trouser (2 pieces)
Light Trekking Pant (2-3 pieces)
Quick dry Trekking Pants (2-3 Pairs)
Half pants (2 Piece)
Under Wear (3-4 pieces)

Miscellaneous

Pocket Knife (Swiss): Travelling knife is must important.
Umbrella / Raincoat: If it is rain would be useful.
Nail Cutter: In the mountain most useful.
Altimeter Watch: To discover altitude.
Power Bank : In the remote area, must needed,
Camera: Your future memories.

Water Drinking bottle and warm Sleeping Bag.

How expensive langtang Gosaikunda trek?

The Langtang Gosaikunda trek is moderate in cost comparing with Everest Trek, here is the costing for this trek.

Services: Cost in USD:

Kathmandu to Syabru share bus/ Jeep \$10 - \$15

Kathmandu to Syabrubesi by hire jeep \$150

Permits cost \$45

Food & accommodations per day \$30 - \$40

Charging electric device \$2 - \$5

Wi-fi charge \$2- \$5

Hot showers \$2 - \$5

Porter cost per day \$20 - \$25

Guide cost per day \$25 - \$35

Porter guide cost per day \$25 - \$ 30

Kutumsang to Kathmandu bus/ Jeep share \$12 - \$ 15

Kutumsang to Kathmandu jeep hire \$150

Kathmandu Hotel cost \$5 - \$200 +

Airport transfer each time Taxi \$10

Tips for Porter and guide per day minimum \$5 - \$10 +

We Ascend Hikes team organizing this Langtang Gosaikunda trek as a full board package. In our package,

The cost for full board package of 14 days trekking to Langtang Gosaikunda is,

Paxes: Cost in USD:

1 person \$ 1695/-

2 person \$ 1195/-

3 person \$ 1095/-

4 Person \$ 995/-

5 person \$ 955/-

6 Person and + \$ 895/-

**Permits & its Costs**

The Langtang - Gosaikunda trek need two different types of permit, Langtang national park entry permit and TIMS card from Nepal tourism board, here is the required permits and their cost.

TIMS (Trekking Information Management System) Card cost: USD \$20/-

Langtang National Park Entry permit cost: Npr. 3,000/- (approx. usd \$ 25).

Gosaikunda Conservation Area Fee: Included in Langtang national park permit.

Total Langtang - Gosaikunda trek permit cost per person: USD \$45/-

Frequently Asked Questions

Langtang Gosaikunda Trek, These FAQs usually cover topics such as trek duration, difficulty level, best season, permits, altitude, and accommodation to help trekkers prepare for the journey to Himalayas.



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Langtang Trails

Tserku-Ri

Langtang Gosaikunda Trek

FAQs about Langtang -Gosaikunda Trek

How long does the Langtang-Gosaikunda trek take?

Normally 12 to 14 days trekking for Langtang Gosaikunda trek but, depending on your route, physical fitness, trekking pace, and acclimatization days at Kyanjin Gumpa or Gosaikunda.

What is the total distance of the trek?

The full complete route (Syabrubesi - Langtang - Kyanjin - Thulosyabru - Gosaikunda - Tharapati and Kutumsang covers around 120-123 km (75-76 miles) trekking distance.

What is the best time to do Langtang Gosaikunda trek?

The Spring Season (March-May): Rhododendrons in bloom, normally clear skies, best visibility with best temperature.

The Autumn season (September-November): Stable clear weather, best visibility with festival.

The Winter season (December-February): Cold temperature but peaceful with fewer trekkers during the season and clear skies.

The Monsoon season (June-August): Rainy, big chance for flooding and landslide but great for greenery and fewer crowds on the trails.

What permits are required?

Langtang National Park Entry Permit NPR 3,000/- (Aprox. usd \$25). and
TIMS Card (Trekking Information Management System - USD \$20 for individual trekkers)
The Both permits are available in tourism board, Kathmandu.

How difficult is the Langtang Gosaikunda trek?

This trek is categorized moderate to challenging. The Trails include steep ascents, high-altitude passes (up to 4,610 m at Lauribina Pass), and long walking days, the trekkers need physical fit with proper equipment.

What is the highest point of the Langtang Gosaikunda trek?

The Lauribina- Yak, Pass (4,610 m) between Gosaikunda and Ghopte is the highest passing point, but A Day hike to Tserko Ri (4,984 m) from Kyanjin Gumpa is optional but highly rewarding panoramic viewpoints.

Is altitude sickness a concern?

Yes, especially above 3,500 m. Take acclimatization days in Kyanjin Gumpa and Gosaikunda, ascend slowly, and stay hydrated.

Do I need a guide or porter for Langtang Gosaikunda Trek?

Yes, there are mandatory to hiring a guide for this trek. The trail is not well-marked and hiring a licensed guide and/or porter is highly recommended for safety, local insight, and convenience, especially if trekking solo.

Are there ATMs or shops on the trail?

The last point reliable ATMs and gear shops are in Kathmandu or Syabrubesi.
Carry enough Nepali rupees for the entire trek, they will accept all the currency, but exchange rate is less.

Can I combine Langtang and Gosaikunda with Helambu?

Yes! Many trekkers continue from Gosaikunda → Tharepati → Kutumsang → Sundarjal, finishing closer to Kathmandu a perfect Langtang-Gosaikunda-Helambu circuit trek.

What should I pack for this trek?

Warm layers, down jacket, trekking boots, rain gear, sunscreen, water purification tablets, snacks, and a small first aid kit are essentials.

Is there Wi-Fi or electricity on the trek?

Electricity: Available in most villages (small charge for charging devices).
Wi-Fi: Limited and often slow, especially above Sing Gumpa, Kanjin and Gosaikunda, but it is okay to

send some massage.

What kind of accommodation is available?

Basic Teahouses and basic simple lodges are available through the trail. They are basic but cozy, offering meals, warm tea, and a social atmosphere.

Altitude sickness and precaution.

Above the 3000meters altitude, should be get altitude sickness in the Himalayas. There is no boundary, who will get altitude sickness. Anyone - any time can get altitude symptoms. It's depending on how you can adjust the environment.

How to know getting altitude sickness?

Less apatite and tiredness.

Short breath and can't sleep at night.

Headache and dizziness

Vomiting and whole-body cold.

How to prevention altitude sickness?

Walk slowly where you are above 3500 meters altitude.

Drink enough water (3-4 liters) recommend.

Stop drinking alcohol and smoke.

Eat plenty and hygienic food, instead of junk food.

Don't sleep at daytime.

Pack a Diamox for the emergency case.

And walk in high and sleep at low elevation.

What to do/ medicine, is recommended if get altitude sickness?

There is no medicine for the altitude sickness to recovery and ascent. Only the prevention is best idea.

If in case, get altitude sickness what to do?

Try to eat hot soups and as soon as possible descend and descend to the low elevation.

Take a Diamox for little relax and move down.

If it is serious case, rescue whatever by helicopter or what is possible.

Don't underestimate with altitude sickness, it may take your life.

Seasonal Activities:

Festivals in the autumn is the best experience to celebrate with locals.

Winter festival is loshar, another celebration in January-February.

Ropai Festival in July; everyone enjoying with this festival.

Flora and fauna:

Flora: This Langtang national park area is rich in flora. Here are some major types and possibility to hunt them.

Rhododendron (national flower of Nepal), usually March to April is the blooming time.

Oak trees: in this region many oak trees also found.

Pine trees and Fir Forest are big on this area.

Mushrooms, Bamboo bushes, Ferns, Maple, Hemlock etc. are the main flora found in Langtang Gosaikunda trails.

Fauna (wildlife): Fauna in Langtang Gosaikunda region is, Danphe (colorful national bird of Nepal), Eagle, Barbet, Bulbul and many different birds and Himalayan Langur, Monkey, black bear, leopard, barking deer, musk deer, squirrels and Red Panda etc. found in this Langtang national park trails.

Risk management for Photography

while photograph people, please ask before sometimes they don't want. Be a safe side while photograph, near big cliff and narrow place cause others passing through you. When animals passing you, please be sure you are at cliff side. Always keep in mind safety first.

Some useful Local languages

NAMASTE - Hello (all ages people can use)

Tashi Dele - Namaste (in Tibetan language)

TAPAI LAI KASTO CHHA? - How are you?

MALAI THIK CHHA, DHANYABAT - I am fine, thank you.

TAPAIKO NAM KE HO? - What is your name?

MERO NAM HO. - My name is

KRIPAYA MALAI SAHAYOG GARNUS. - Please help me....

MALAI BHOK LAGE KO CHHA. - I am hungry

MALAI KHANA DINUS - Give me a rice.

MALAI YO THAU RAMAILO LAGYO - I really love this place.

YO THAU BATA ... THAU MA PUGNA KATI SAMAYA LAG CHHA? - How far from here to ... place?

MALAI CHISO VAYO - I feel cold.

CHIYA PAIN CHHA? - Can I get tea?

TAPAI LAI KASTO LAGYO KHANA? - How is food?

MITHO CHHA - Very good/ tasty

PANI - water

KHANA - Food

DHANYABAT - thanks

FERI VETAULA - See you again

TAPAI KO YATRA SAFAL RAHOS - have a safe journey

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