Langtang Gosainkunda Trek – 17 Days

Langtang Gosainkunda Trek: Your Ultimate Himalayan Adventure

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Are you planning the **Langtang Gosainkunda Trek** today? **First**, this rewarding journey takes you through a breathtaking route located near Kathmandu. **Furthermore**, this incredible expedition brings you deep into the majestic Langtang Valley. Towering snow-capped peaks surround this valley. **Specifically**, Langtang Lirung and Ganesh Himal stand proudly as the highest giants in the region.

Your journey begins with a scenic drive to Dhunche, the bustling district headquarters. **From here**, the trail winds upward through lush sub-tropical forests. **Next**, you will hike all the way to Kyanjin Gompa. **Consequently**, you will enjoy a dedicated rest day there to explore high-altitude mountains and glaciers.

Afterwards, the route guides you to the pristine lakes of Gosainkunda. This is a major high-altitude pilgrimage site revered by both Hindus and Buddhists. **Indeed**, after admiring the serene blue waters, you will challenge yourself. **Particularly**, you will cross the dramatic Laurebina Pass at 4,600 meters. **Then**, descending from the pass, you enter the lush forests of the Helambu region. **Ultimately**, your trek concludes with a short drive back to Kathmandu.

For more details, check out our Langtang Region Treks Guide. **Additionally**, you can review our Nepal Trekking Packing List to prepare properly. **Moreover**, you can read traveler stories about the **Langtang national park** on our blog. If you have any inquiries regarding the route, please contact us today!

Highlights of the Package

- **Stunning Mountain Panoramas:** Marvel at close-up views of towering Himalayan giants.

- **The Sacred Gosainkunda Lakes:** Visit holy alpine lakes nestled at high altitudes.
- **High-Pass Adventure:** Test your trekking skills by crossing the thrilling Laurebina Pass.
- **Kyanjin Ri Exploration:** Embark on an acclimatization hike up to panoramic viewpoints.
- **Diverse Cultural Immersion:** Experience authentic mountain life and warm hospitality.
- **Scenic Alpine Landscapes:** Hike through lush rhododendron forests and river gorges.

Itinerary

Day 1: Arrive in Kathmandu

Upon landing at the Tribhuvan International Airport, our friendly company representative will warmly greet you and escort you in a private vehicle to your hotel. After you check in, take some time to freshen up, unpack, and rest off any travel fatigue from your journey. In the evening, we are delighted to host you for a traditional welcome dinner at an authentic Nepali restaurant, featuring delicious local cuisine and cultural performances to kick off your Himalayan adventure.

- Location: Kathmandu
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: Hotel in Kathmandu
- Meal Plan: Welcome Dinner

Day 2: Drive from Kathmandu to Syabrubesi

Embark on a scenic and memorable journey from Kathmandu to Syabrubesi by road. As you travel along winding mountain highways, you will be treated to magnificent views of picturesque landscapes and distant snow-covered peaks. Along the way, enjoy the charming rural beauty of Nepal as you pass through several traditional towns and villages. Upon reaching

Syabrubensi—an attractive village renowned for its distinctive large stone houses—you can take some time to rest or explore the local surroundings before settling in for the evening.

- Location: Syabrubesi
- Elevation: 1,550 meters (5,085 feet)
- Accommodation: Lodge in Syabrubesi
- Meal Plan: Breakfast, Lunch, and Dinner

Day 3: Trek from Syabrubesi to Changtang

Your official walking journey begins as you cross a suspension bridge over the Bhote Koshi River and follow the vibrant path alongside the Langtang Khola. The trail gradually ascends through lush, sub-tropical forests filled with dense oak, maple, and rhododendron trees. Keep an eye out for local wildlife, as red pandas, langur monkeys, and various native birds frequently inhabit these protected woodlands. After a steady and rewarding climb, you will arrive at Lama Hotel—locally known as Changtang—for a relaxing evening.

- Location: Changtang
- Elevation: 2,380 meters (7,808 feet)
- Accommodation: Teahouse in Lama Hotel
- Meal Plan: Breakfast, Lunch, and Dinner

Day 4: Trek from Lama Hotel to Langtang Village via Ghoda Tabela

Leaving Lama Hotel behind, the trail continues alongside rushing streams and deep forest

groves. As you climb steadily higher, the path leads you out into the lush green meadows of Ghoda Tabela, where panoramic glimpses of the snow-capped Langtang range begin to appear. After checking in at the local national park checkpoint, you will pass through small traditional settlements like Thangshyap and Chyamki before arriving at the vibrant and historic Langtang Village.

- Location: Langtang Village
- Elevation: 3,430 meters (11,253 feet)
- Accommodation: Teahouse in Langtang Village
- Meal Plan: Breakfast, Lunch, and Dinner

Day 5: Trek from Langtang Village to Kyanjin Gompa

Today's shorter trek takes you deeper into the high alpine valley toward Kyanjin Gompa. As you cross small wooden bridges, boulder fields, and ancient glacial moraines, you will pass impressive mani walls inscribed with sacred Buddhist prayers. Upon arriving at Kyanjin Gompa—named after its historic local monastery built from wood and stone—you can explore the sacred grounds, visit the traditional cheese factory, and enjoy the surrounding mountain vistas.

- Location: Kyanjin Gompa
- Elevation: 3,830 meters (12,565 feet)
- Accommodation: Teahouse in Kyanjin Gompa
- Meal Plan: Breakfast, Lunch, and Dinner

Day 6: Acclimatization Day – Hike to Kyanjin Ri or Tserko Ri

Proper altitude adjustment is essential, making today dedicated entirely to exploration and high-altitude conditioning. You will embark on a rewarding morning ascent to the spectacular viewpoint of Kyanjin Ri (4,773 meters) or challenge yourself with a climb up to Tserko Ri (5,033 meters). From these elevated vantage points, you will be treated to breathtaking, 360-degree panoramic views of massive glaciers, icefalls, and towering peaks like Langtang Lirung, Yala Peak, and Naya Kanga. Afterward, you will descend back to Kyanjin Gompa for a restful night.

- Location: Kyanjin Gompa
- Elevation: 4,773 meters (15,659 feet) at Kyanjin Ri or 5,033 meters at Tserko Ri
- Accommodation: Teahouse in Kyanjin Gompa
- Meal Plan: Breakfast, Lunch, and Dinner

Day 7: Trek from Kyanjin Gompa back to Changtang

After enjoying your final morning surrounded by the high giants of Kyanjin, you will retrace your steps downward along the valley trail. Walking downhill is significantly easier on your lungs, allowing you to breeze past Langtang Village and Ghoda Tabela while taking in fresh perspectives of the waterfalls and forested gorge walls. By afternoon, you will arrive back at the familiar comfort of Changtang.

- Location: Changtang
- Elevation: 2,480 meters (8,136 feet)
- Accommodation: Teahouse at Lama Hotel
- Meal Plan: Breakfast, Lunch, and Dinner

Day 8: Trek from Lama Hotel to Thulo Syabru

Leaving the main valley floor behind, today's trek guides you toward the magnificent ridge-side settlement of Thulo Syabru. You will descend briefly toward the river before branching off onto an uphill trail that climbs through dense rhododendron and oak forests. As you approach the village, traditional Tamang houses and a local cliffside monastery come into view, offering a warm and welcoming atmosphere for the evening.

- Location: Thulo Syabru
- Elevation: 2,250 meters (7,381 feet)
- Accommodation: Teahouse in Thulo Syabru
- Meal Plan: Breakfast, Lunch, and Dinne

Day 9: Trek from Thulo Syabru to Sing Gompa (Chandanbari)

The trail today leads you steadily uphill through steep, shaded forests filled with ancient hemlock and blooming rhododendrons. As you gain elevation, marvelous outlooks of Ganesh Himal, Langtang Himal, and distant Tibetan ranges begin to open up. Along the way, you will pass local yak cheese factories and small spiritual shrines before reaching Sing Gompa (Chandanbari) for the night.

- Location: Sing Gompa (Chandanbari)
- Elevation: 3,250 meters (10,662 feet)
- Accommodation: Teahouse in Sing Gompa
- Meal Plan: Breakfast, Lunch, and Dinner

Day 10: Trek from Sing Gompa to Gosainkunda Lake

Today's trek brings you to one of the most spiritually significant and visually breathtaking destinations in the Himalayas: the sacred lake of Gosainkunda. Walking through picturesque alpine ridges of pine and scrub juniper, the terrain grows rugged as you climb above the tree line. Upon arrival, you will be mesmerized by the deep blue, pristine waters of Gosainkunda Lake, surrounded on all sides by dramatic mountain crags and featuring a revered shrine near its shore.

- Location: Gosainkunda Lake
- Elevation: 4,380 meters (14,370 feet)
- Accommodation: Teahouse at Gosainkunda
- Meal Plan: Breakfast, Lunch, and Dinner

Day 11: Cross Laurebina Pass and Trek Down to Ghopte

This is one of the most challenging and exhilarating days of your expedition. Bidding farewell to the holy lake, you will ascend steadily across rocky paths toward the high Laurebina Pass, the ultimate high point of this section. Standing at the pass, you can soak in jaw-dropping views of surrounding Himalayan chains before descending carefully past smaller alpine tarns into the rugged trails leading down toward Ghopte.

- Location: Ghopte (via Laurebina Pass)
- Elevation: 3,440 meters (11,286 feet) at Ghopte (Pass at 4,610 meters / 15,124 feet)
- Accommodation: Teahouse in Ghopte
- Meal Plan: Breakfast, Lunch, and Dinner

Day 12: Trek from Ghopte to Melamchi Gaun via Tharepati

The trek today takes you deep into the heart of the Helambu region. The trail leads you through peaceful pine and rhododendron forests up to Tharepati, a magnificent ridge lookout renowned for its sweeping valley views. From Tharepati, you will descend gradually through forested ridges until you reach Melamchi Gaun, a traditional village heavily settled by the welcoming Hyolmo and Sherpa communities.

- Location: Melamchi Gaun
- Elevation: 2,560 meters (8,398 feet)
- Accommodation: Teahouse in Melamchi Gaun
- Meal Plan: Breakfast, Lunch, and Dinner

Day 13: Trek from Melamchi Gaun to Tarke Gyang

Your exploration of the unique Helambu cultural region continues as you trek from Melamchi Gaun toward Tarke Gyang. The trail crosses suspension bridges over rushing streams and winds through scenic hillsides and stepped agricultural terraces. Eventually, you will arrive at the picturesque Sherpa village of Tarke Gyang, celebrated for its ancient monasteries, rich spiritual heritage, and warm local hospitality.

- Location: Tarke Gyang
- Elevation: 2,590 meters (8,497 feet)
- Accommodation: Teahouse in Tarke Gyang
- Meal Plan: Breakfast, Lunch, and Dinner

Day 14: Trek from Tarke Gyang to Sermathang

Today's pleasant walk takes you through peaceful forest paths and rolling hills dotted with charming rural hamlets rich in traditional mountain culture. As you hike along the tranquil hillside, you will enjoy wonderful views of terraced fields and natural wonders surrounding the valley. By early afternoon, you will reach the picturesque village of Sermathang, where you can spend the rest of the day relaxing and interacting with friendly locals.

- Location: Sermathang
- Elevation: 2,610 meters (8,562 feet)
- Accommodation: Teahouse in Sermathang
- Meal Plan: Breakfast, Lunch, and Dinner

Day 15: Trek to Melamchi Bazaar and Drive to Kathmandu

On your final morning on the trail, you will embark on a short descending trek past terraced hillsides and lower valley settlements until you reach Melamchi Bazaar. Here, your private vehicle will be waiting to take you on a comfortable return drive back to Kathmandu. Upon arrival, you will check back into your hotel, where you can unwind, enjoy a hot shower, and celebrate the successful completion of your grand Himalayan trek.

- Location: Kathmandu (via Melamchi Bazaar)
- Elevation: 1,400 meters (4,593 feet) in Kathmandu
- Accommodation: Hotel in Kathmandu
- Meal Plan: Breakfast and Lunch

Day 16: Leisure and Celebration Day in Kathmandu

Enjoy a well-earned free day in Kathmandu to relax at your own pace. You can use this time to sleep in, catch up on journaling, pick up unique souvenirs and handicrafts in the bustling markets of Thamel, or explore any missed city sights. In the evening, the team will gather for a special farewell dinner to look back at your incredible mountain memories.

- Location: Kathmandu
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: Hotel in Kathmandu
- Meal Plan: Breakfast and Farewell Dinner

Day 17: Final International Departure Transfer

Your remarkable 17-day Langtang and Gosainkunda adventure officially concludes today. Depending on your flight schedule, our company representative will pick you up from your hotel in a private vehicle and transfer you smoothly to Tribhuvan International Airport approximately three hours before your scheduled departure. We bid you a warm farewell and wish you a safe and pleasant journey back home!

- Location: Kathmandu (Tribhuvan International Airport)
- Elevation: 1,400 meters (4,593 feet)
- Accommodation: None
- Meal Plan: Breakfast

Inclusions

- Airport pickup by a private vehicle upon your international flight arrival.
- All necessary ground transportation as specified in the itinerary.
- Hotel accommodation in Kathmandu on a Bed & Breakfast (B/B) basis.
- Cozy teahouse accommodation throughout the duration of the trek.
- Three wholesome meals daily (Breakfast, Lunch, and Dinner) while on the trek.
- Complimentary hot soup served at higher altitudes to keep you warm.
- An experienced, professional English-speaking guide for the trek.
- An assistant trekking guide for groups exceeding 10 participants.
- Reliable porter service (shared on a 2-trekker-to-1-porter ratio; maximum weight limit of 20–25 kg total).
- Comprehensive insurance coverage for all trekking guides and porters.
- All meals, accommodations, and wages for guides and porters.
- All required official documents, including National Park entry permits and TIMS cards.
- All applicable government and local taxes.
- A well-equipped first aid medical kit carried by the staff.
- A complimentary trekking route map tailored to your itinerary.
- A complimentary company-branded T-shirt.
- A special traditional farewell dinner hosted in Kathmandu.
- An official trip completion certificate to commemorate your achievement.
- Airport drop-off by private vehicle for your international flight departure.

Exclusions

- **Nepal Entry Visa:** Visa fees are not included and must be paid upon arrival at Tribhuvan International Airport or obtained in advance through your local Nepali embassy.
- **International Airfare:** International flights to and from Kathmandu and any associated airport taxes.
- **City Meals:** Lunch and dinner while staying in Kathmandu (except for the welcome and farewell dinners specified in the inclusions).
- **Monument and Entry Fees:** Entrance fees for sightseeing spots, cultural heritage sites, or national monuments if visited outside the core itinerary.
- **Travel Insurance:** Comprehensive travel insurance coverage, which is mandatory and must include emergency high-altitude medical evacuation and rescue.
- **Personal Expenses:** Incidental out-of-pocket costs during the trek, including hot showers, battery device charging fees, Wi-Fi usage, bar bills, alcoholic beverages, laundry services, and bottled or boiled mineral water.
- **Extra Nights in Kathmandu:** Accommodation expenses for any additional nights spent in Kathmandu outside the scheduled 17-day itinerary (whether due to early arrival, delayed departure, or unpredicted flight cancellations).
- **Staff Gratuities:** Tips and tokens of appreciation for your trekking guide, assistant guides, and porters.