Discovery World Trekking



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Langtang Gosainkunda Trek - 13 Days

13 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 790
per person, for 2 to 3 people

Made on 26 November 2026 https://dev.discoveryworldtrekking.com/trips/langtang-gosainkunda-trek







Langtang Gosainkunda hike is for those who want to see the mid-hills, high altitude lakes - including the pious Gosainkunda Lake and other Himalayan glaciers. The trek region lies a short distance to the north of Kathmandu near the Nepal - Tibet border.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Langtang Treks
Max. altitude	4,773m at Kyangjin Ri
Activity per day	Approximately 4-6 hr walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 790

per person, for 2 to 3 people

The full price is US$ 1290. You save US$ 500 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 790
4 to 7	US$ 750
8 to 18	US$ 700

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Gosaikunda Langtang Trek

- Visit Langtang - the valley of glaciers, pine forests, green meadows, terraced fields.
- Beautiful views of snow-capped mountains, waterfalls, deep gorges, stone-driven mills, and suspension bridges
- The majestic views of Langtang Lirung (7,345m), Gang Chenpo (6,388m), Naya Kanga (5,846m), Dorje Lakpa (6,966m), Kimsung (6,781m), and Yansa Tsenji (6,575m)
- Tibetan border region
- Beautiful Lirung and Kim Sung glaciers
- Local cheese factory at Kyanjin Gompa
- Ancient Buddhist monasteries, prayer flags, and chorten
- The sacred Gosainkunda Lake at an altitude of 4,600m
- Side trip to Kyanjin Ri (4,773m), Tsergo/Cherko Ri (4,984m) Viewpoints

Langtang Gosainkunda Trek Overview

The Langtang Gosainkunda Trek is a breathtaking journey that blends cultural exploration with high-altitude adventure, offering trekkers a perfect balance of natural beauty, heritage, and spiritual significance in the Langtang Region. This trek takes you deep into Langtang National Park, home to rare flora and fauna, and leads to the sacred Gosainkunda Lakes (4,380 m), revered by both Hindu and Buddhist pilgrims.

The adventure begins with a drive from Kathmandu to Syabrubesi, the gateway to the Langtang region. As you ascend through traditional Tamang villages, you'll experience Tibetan-influenced culture, ancient monasteries, and stunning Himalayan landscapes. The trek reaches its cultural peak at Kyanjin Gompa (3,870 m), where you can explore Buddhist monasteries and take optional hikes to Tserko Ri or Kyanjin Ri for panoramic mountain views.

The journey then transitions into a challenging high-altitude traverse, leading to the sacred Gosainkunda Lakes, surrounded by turquoise waters and towering peaks. During the full moon of August, thousands of pilgrims gather at Gosainkunda to celebrate Janai Purnima, a festival where Hindu men renew their sacred thread (Janai) and devotees offer prayers to Lord Shiva. Shamans (Dhami-Jhankris) also perform ancient rituals and dances, adding a mystical element to the experience.

Crossing Laurebina Pass (4,610 m) is a true test of endurance, rewarding you with dramatic glacial landscapes and sweeping Himalayan vistas. The descent through Chisapani offers a final glimpse of Nepal's diverse terrain, with views stretching toward Kathmandu Valley.

This 13-day trek is ideal for those seeking spiritual depth, cultural immersion, and breathtaking scenery. Whether trekking through lush forests, standing at the edge of Gosainkunda's sacred waters, or crossing high mountain passes, every step of this journey is a testament to Nepal's rich heritage and natural grandeur.

Day to Day Itinerary

Day 1 Drive from Kathmandu to Syabrubesi (1,503m). Drive time: Approx. 7-9 hrs.

Day 2 Trek From Syabrubesi to Lama Hotel (2,470m). Trek time. Approx. 6 hrs.

Day 3 Trek from Lama Hotel to Langtang village (3,430m). Trek time. Approx. 6 hrs.

Day 4 Trek from Langtang village to Kyanjin Gompa (3,865m). Trek time. Approx. 3 hrs.

Day 5 Exploration Day at Kyanjin Gompa

Day 6 Trek from Kyanjin Gomba to Lama Hotel (2,470m). Trek time. Approx. 6 hrs.

Day 7 Trek from Lama Hotel to Thulo Syabru (2,210m). Trek time. Approx. 6-7 hrs.

Day 8 Trek from Thulo Syabru to Cholangpati (3,654m). Trek time. Approx. 5-6 hrs.

Day 9 Trek from Cholangpati to Gosainkunda Lake (4,380m). Trek time. Approx. 5 hrs.

Day 10 Trek from Gosainkunda Lake to Ghopte (3,530m) via Laurebina Pass (4,610m). Trek time: Approx. 8-9 hrs.

Day 11 Trek from Ghopte to Kutumsang (2,470m). Trek time. Approx. 5 hrs.

Day 12 Trek from Kutumsang to Chisopani (2,295m). Trek time. Approx. 5-6 hrs.

Day 13 Trek from Chisopani to Sundarijal (1380m). Trek time. Approx. 4 hrs. Drive to Kathmandu. Drive time. Approx. 1 hrs.

Langtang Gosainkunda Trek Itinerary

DAY 1

Drive from Kathmandu (1,400m / 4,393ft) to Syabrubesi (1,503m / 4,655ft)

Drive duration (122km / 75.8miles) 7- 9 hrs.

After an early breakfast, we start with a scenic drive on a local bus out of Kathmandu Valley to Syabrubesi - northwest of Kathmandu. From the way, you can see beautiful scenery - raging rivers, terraced fields, typical Nepali villages, and snow-capped peaks. The road is smooth up to Trishuli Bazaar. Then the road becomes a little rugged as it ascends to Dhunche and descends back down to Syabrubesi, a bazaar town with much to explore - including riverside hot springs where you can relax.

Overnight stay at Hotel Trekkers Inn (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 2

Trek From Syabrubesi (1,503m / 4,655ft) to Lama Hotel (2,470m / 8,103ft)

Trek Distance 11.3km / 7miles Highest Altitude 2,470m / 8,103ft Trek Duration 6 hrs

From Syabrubesi, we begin our first day on the trail. We cross the Bhote Kosi to Langtang River and then follow the Langtang River through the fertile jungle and terraced fields. Up ahead, we pass the landslide area, climb up to Bamboo, and gradually ascend to Rimche, located at the bank of Langtang River. On the way lie several rural settlements, bamboo and birch forests, where you might spot rare, local wildlife - including the red panda. We continue to trek up to the Lama Hotel village.

Overnight stay at Sherpa Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Lama Hotel (2,470m / 8,103ft) to Langtang Village (3,430m / 11,255ft)

Trek Distance 14.8km / 9.1miles Highest Altitude 3,430m / 11,255ft Trek Duration 6 hrs.

We continue our trek alongside the Langtang River while ascending through dense forests. On the way, we will be able to catch glimpses of snowy peaks beckoning us forward. Eventually, the narrow river valley widens out at Ghoda Tabela. In the past, there was a Tibetan resettlement project running here. We will stop at the Ghoda Tabela Army Check Post to register our papers. Then we cross the east side of the river as we get closer to the Langtang Valley. We continue past the prayer wheels driven by flowing water and prayer flags to scenic Langtang village, inhabited by Tamangs.

Overnight stay at Chhomo Valais (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)

Trek Distance 6.8km / 4.2miles Highest Altitude 3,865m / 12,675ft Trek Duration 3 hrs

We continue ascending as we pass through small abandoned villages and meadows. The wide Langtang valley offers far-reaching panoramas of the mighty Himalayas. Our route crosses several tributaries and a glacial moraine. We then finally arrive at what once was the largest settlement of our journey, a place known as Kyanjin Gompa, named after the nearby, ancient monastery of Kyanjin Gompa. The Kyanjin Gompa is mostly abandoned after being badly affected by the 2015 earthquake. After lunch, we climb to Kyajo Ri Viewpoint at 5,150m / 19,600ft to catch spectacular views of several mountain ranges and Langtang Valley. However, this is an optional trek.

Overnight stay at Hotel Super View (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 5

Exploration Day at Kyanjin Gompa

We will stay at Kyanjin Gompa for acclimatization on this day. The upper Langtang Valley offers stunning close views of the tall mountains and glaciers. We will visit several sites, such as the Yak cheese factory and Kyanjin Gompa Monastery. If you want, you can trek to Langshisha Kharka and the Tserko Ri (5450 m) Viewpoint, from where you can catch the beautiful mountain views of the Himalayan peaks - including Langtang Lirung (7,227m), Langtang II (6,596m), and Yala Peak (5,500m). We return to Kyanjin Gompa for the evening.

Overnight stay at Hotel Super View (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Kyanjin GomPa (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)

Trek Distance 21km / 13miles Highest Altitude 2,470m /8,103ft Trek Duration 6 hrs

From Kyanjin Gomba, we bid goodbye to the upper highlands and start descending on a route that will take us out of the valley. We follow the same path that took us to Kyanjin Gompa. On the way, we will pass the Langtang Village and then stop for lunch at Ghora Tabela, where we register our exit at the Army Check Post. After a leisurely lunch, we descend through the dense forests of the river valley to the Lama Hotel.

Overnight stay at Sherpa Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Lama Hotel (2,470m / 8,103ft) to Thulo Syabru (2,210m / 8,500ft)

Trek Distance 13km / 8miles Highest Altitude 2,470m / 8,103ft Trek Duration 6-7 hrs

This day you will descend to the banks of Langtang Khola and cross a small waterfall. The route will take us through rhododendron and bamboo forest, teeming with wildlife like wild boar and monkeys. You can also see great views of Ganesh Himal from the route. At the end of this day's trek, we will cross a suspension bridge to reach the bottom of the Thulo Syabru village.

Overnight stay at Hotel Ganesh Himal (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Thulo Syabru (2,210m / 8,500ft) to Cholangpati (3,654m / 11988ft)

Highest Altitude 3,654m / 11,988ft Trek Duration 5-6 hrs

From Thulo Syabru, we gradually climb upwards and pass Langtang National Park's army checkpoint. Within half an hour of uphill trekking, we reach Daragang. The trail is less steep from here, as it passes through the hemlock and oak forest. While passing the forest, you may also spot the rare red panda. We continue our trek forward through Dhimsa and Sing Gompa to Cholangpati, where we will stop for the night.

Overnight stay at Mountain Lodge.
Included meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Cholangpati (3,654m / 11,988ft) to Gosainkunda Lake (4,380m / 14,620ft)

Trek Distance 11km / 6.8 miles Highest Altitude 4,380m / 14,620ft Trek Duration 5hrs

As you climb up, the beautiful Langtang Himal (7234 m), the most famous peak in the entire Langtang Range, will be greeting you. We start walking on a desolated barren mountain trail. As you climb higher, you will see more mountains on the horizon - the majestic Langtang Himal, Ganesh Himal, and even the Annapurnas on the west horizon. A few hours later, we arrive at Laure Binayak, then we will begin the uphill climb to Gosainkunda. After two hours of the steep climb, we will reach a chorten, and after an hour of trekking, you will see views of beautiful waterfalls and lakes - Saraswati Kunda and Bhairav Kunda. Both of these lakes are formed by water flowing from Gosainkunda. Hindus consider this site holy as they believe that this is a favorite place of Lord Shiva. Gosainkunda receives thousands of pilgrims each year for a holy Hindu festival in the fall.

Overnight stay at Hotel Namaste
Included meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Gosainkunda Lake (4,380m / 14,620ft) to Ghopte (3,530m / 11,265ft) via Laurebina Pass (4,610m / 15,115ft)

Highest Altitude 4,610m / 15,115ft Trek Duration 8-9 hrs

Today, you will cross the **Laurebina La High Pass** to the scenic Helambu region. From **Gosainkunda Lake**, the path first descends from the lodges to the lake. Then our walk along the northern shore starts to get steep as we approach the Laurebina La Pass, but before reaching this pass, you will walk past three or more small lakes.

The Laurebina La Pass is marked with a stone stupa and many prayer flags. This pass forms the highest point of the Langtang Trek. We then descend through a wide valley to **High Camp (4240 m)** and walk further down on a steeper and rocky path to Phedi. Right after Phedi, we descend to a footbridge across a stream. The journey from Phedi to Ghopte is demanding with long ascents.

Overnight stay at Hotel Namaste
Included meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Ghopte (3,530m / 11,265ft) to Kutumsang (2,470m / 8,560ft)

Highest Altitude (3,530m / 11,265ft) Trek Duration 5hrs

We start trekking through groves of juniper, rhododendron, and pine in a remote, unpopulated area before we reach the peaceful highland setting of **Tharepati**. From Tharepati, the path descends gently through the forest on the western ridge slope. After walking for a while, we will pass a large meadow with ruins of shepherd's huts. From the route, you can see **Gangchempo** and **Dorje Lakpa** peaks. Then the descent gets steeper as it leads through a forest to **Magin Goth (3265m)**. After a short walk, we will pass **Kuala Bhanjyang (3335m)** and descend to the village of **Kutumsang (2470m)**.

Overnight stay at Hotel Namaste
Included meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Kutumsang (2,470m / 8,560ft) to Chisopani (2,295m / 7,655ft)

Highest Altitude 2,295m / 7,655ft Trek Duration 5-6hrs

From **Kutumsang**, we will ascend for a while and then descend to **Gul Bhanjyang (2140m) Village**. Then we climb up to reach a dusty wide road at Thorong Danda (2500m) and continue on a steep and rocky path to Chipping village.

We then drop down steadily and reach **Pati Bhanjyang (1760m)** — a village between Chipping and Chisopani. After walking half an hour from here, we reach **Chisopani**, famous for spectacular **panoramic views of several mountains**.

Overnight stay at Tashi Delek Guest Lodge (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Chisopani (2,295m / 7,655ft) to Sundarijal (1380m / 4530ft) and drive to Kathmandu (1350m / 4450ft)

Highest Altitude 2,295m / 7,655ft Trek Duration 4hr Drive duration 1hr

After a few minutes walk from Chisopani, we reach the **Shivapuri National Park** checkpoint. From here, we take a wide road leading down the hill, then a paved path up the hill. Eventually, walking past a few water reservoirs and large water pipes, we reach **Sundarijal (1460m)**, where we say **goodbye** to the trails and take **local transport** to Kathmandu.

Included meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Kathmandu to Syabrubesi (trek start) and Sundarijal back to Kathmandu (trek end) by local bus

Accommodations

- Accommodation (total 12 nights): six nights accommodation with private attached bathroom at Syabrubesi, Langtang Village, and Kyanjin Gompa (2N) Thulo Syabru and Chisopani, six nights standard rooms at Lama Hotel (2N), Cholangpati, Gosainkunda lake, Ghopte, and Kutumsang (Twin Sharing Room)

Food

- Standard full-board meals (13 Lunches, 12 Dinners, and 13 Breakfasts) with one main course per meal during the trek
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed Discovery World Trekking experienced trek leader/guide (an assistant guide for 12 or above trekkers) and porter to help trekkers. The maximum luggage weight limit is 9 Kg per trekker.
- Guides and porters costs - including meals, insurance, salary, lodging, transportation, and other necessary equipment

Trek Permits and Expenses

- Langtang National Park entry permit fee
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - a company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate
- Farewell dinner at the end of the trek in Kathmandu

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, early return from the trek.

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival, late departure, early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- On arrival Nepal entry visa fees at Tribhuvan International Airport (15 days - $25-30, 30 days- $40-50 and 90 days- $100-110)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses (shopping, snacks, boil bottled water, hot (tea/coffee) and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear.

Other Expenses

- Excess baggage charges (Limit is 9kg per person)
- Additional costs due to delays caused by circumstances beyond our control like bad weather conditions, lodge unavailability, itinerary modification, etc
- All the costs and expenses not listed in "What is included Gosaikunda Holy Trek Package?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Gosaikunda Lake Packing List

We recommend packing only essential clothing and accessories for the trek. While your needs may vary based on weather and personal preferences, here's a suggested packing list for your convenience. Please note that we assign one porter for every two trekkers, so we encourage you to pair up and pack your gear together in a backpack of at least 60 liters. Also bear in mind, per trekker luggage limit is 9 kg and our porter will not carry more than 18 kg of luggage.

Head and Face

- Sun hat (wide-brimmed)
- Beanie (for warmth)
- Buff or neck gaiter (for sun protection and warmth)
- Lightweight headlamp (with adjustable brightness)
- High SPF sunscreen
- Lip balm with SPF
- Sunglasses with UV protection
- Face wipes

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover Adjustable and lightweight trekking poles (preferably collapsible),
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

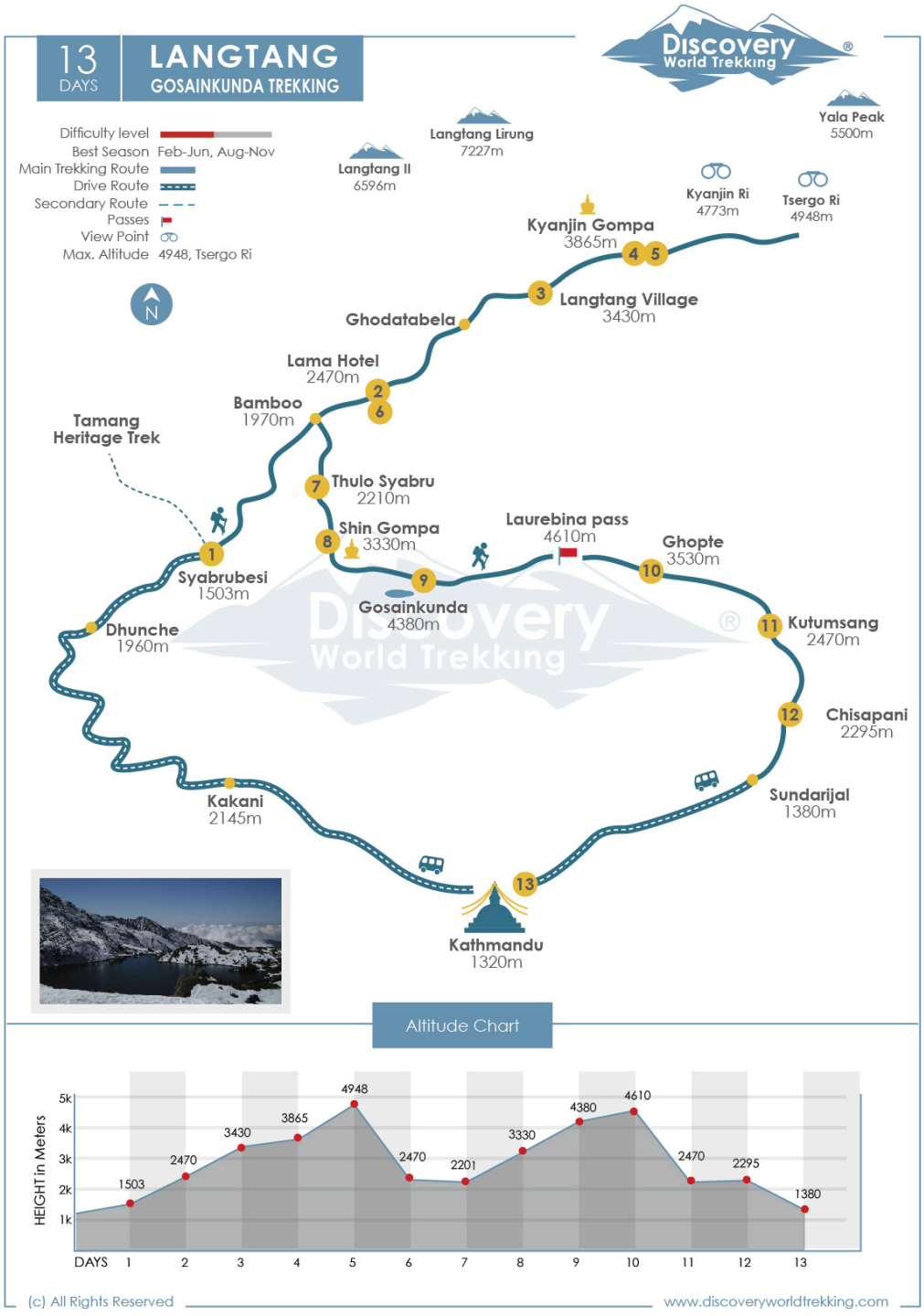
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffel bag (non-waterproof), down jacket, and sleeping bag if you don't have your own.

Langtang Gosainkunda Trek Map



Trip Notes

Arrival, Welcome, and Trek Start

Upon arriving at Tribhuvan International Airport in Kathmandu, you will find our company representative holding a placard with your name on it. They will greet you with a marigold garland and transfer you to your hotel via a private vehicle.

We recommend you arrive in Kathmandu by 3 PM, at least one day before the trek begins, to allow for last-minute preparations. The trek officially starts with a drive to Syabrubesi, the gateway to Langtang, via a local bus or an optional private jeep (at an additional cost).

Accommodations

The Langtang Gosaikunda Trek includes 12 lodge-to-lodge stays at the best available lodges in the region. Six nights will be spent in rooms with attached bathrooms at Syabrubesi, Langtang Village, Kyanjin Gompa (2 nights), Thulo Syabru, and Chisopani.

The remaining six nights will be in standard rooms at Lama Hotel (2 nights), Cholangpati, Gosaikunda Lake, Ghopte, and Kutumsang. Hotel stays in Kathmandu before and after the trek are not included in the package.

Electricity for charging your devices, Wi-Fi, and hot showers are available at an extra cost.

Meals

We provide nutrient-rich meals throughout the trek, including 13 breakfasts, 13 lunches, and 12 dinners. The menu offers traditional Nepali, Asian, and Western cuisine. All meals are on a full-board (main course) basis. Popular options include dal bhat, momo, pasta, soups, vegetable curry, and Tibetan bread. At higher altitudes, menu choices may become limited.

Hot drinks (tea/coffee), cold beverages, and alcoholic drinks are not included in our package.

Fresh vegetables, green tea, garlic soup, and plenty of water are highly recommended. Non-vegetarian items and dairy products are discouraged due to hygiene concerns.

Luggage

Our package includes 9 kg of luggage per trekker, with one porter assigned for every two trekkers (maximum combined weight of 18 kg). We also advise you to carry a daypack for essentials such as water, snacks, and important documents.

You can safely store your luggage at the hotel or the Discovery World Trekking office store. Since you will share a porter, we encourage you to partner with a fellow traveler and pack your things in a duffle bag of over 60 liters.

Facilities and Essentials

- **Water**

You can purchase bottled water from en-route shops. However, some trek regions do not allow plastic bottles. Hence, we advise you to carry a water bottle and buy boiled/filtered water from lodges/tea houses. Further, you can use water purification tablets for safety. We can also provide you with water purification tablets upon request. Do not drink directly from local rivers, taps, or wells.

- **Communication**

Internet services are available at most lodges for an extra charge, though connectivity may be inconsistent at higher altitudes. You can buy local SIM cards in Kathmandu, but signal strength varies. For safety, we communicate with all trekking teams via phone through trek guides for daily updates. Moreover, we are always on standby to handle any challenges as necessary.

Travel Essentials

- **Visa**

Foreigners, except for Indian nationals, need a tourist visa to enter Nepal. You can obtain an on-arrival visa at Tribhuvan International Airport. To apply for this visa, you will need a valid passport with at least six months' validity, a passport-size photo, and visa fees. The visa fee is USD 50 for a 30-day stay.

- **Travel Insurance**

Comprehensive travel insurance covering medical treatment, and emergency helicopter evacuation up to the highest trek altitude is mandatory for this trek. Please call your insurer to confirm your policy covers helicopter evacuation.

- **Currency Exchange**

The official currency in Nepal is the Nepali Rupee (NPR). 1 USD = ~155 NPR. You can bring major currencies (EURO, USD, GBP) and exchange them at banks or authorized exchange centers in Kathmandu. You can withdraw NPR from ATMs in Kathmandu but there may be restrictions. Please exchange your currency in Kathmandu as you cannot exchange your foreign currency in trek regions. If you have Indian Rupees, only INR 100 notes are legal in Nepal.

- **Extra Expenses**

Some expenses, you must meet include travel insurance, snacks, extra-meal courses, hot (tea/coffee) and cold beverages, alcoholic drinks, tips, souvenirs, and visa fees. You will need USD 20 per trek day to meet these expenses.

Trek Season and Weather Conditions

- **Spring (March-May):** Ideal trekking season with clear skies and vibrant landscapes. The luscious green, dense bamboo, and birch forests add a new dimension to the trek experience.
- **Summer /Monsoon (July-August):** Rainy and slippery trails but you can enjoy the magnificent waterfalls, raging rivers, and frequent rainbows.
- **Autumn (September-November):** Peak trekking season with excellent weather, clear views, good trails, and festive season.
- **Winter (December-February):** Cold temperatures and occasional snow, with fewer trekkers on trails. Trek will be a little challenging, but you will get magical views of snow-capped hills and mountains.

Check our Langtang Travel Guide for month-by-month information about weather, temperature, and trail conditions.

Typical Day

The day begins early with a cup of tea and breakfast, followed by 3-4 hours of morning trekking. After lunch, an additional 2-3 hours of hiking leads to the overnight stop. Evenings include dinner, trip briefings from the trek leader after dinner, relaxation, and optional group activities such as games, socializing, or learning a few Nepali words.

Trip Conclusion

- **Farewell Dinner**

After the trek, we will host a farewell dinner in Kathmandu. Afterward, we will present you with a trek achievement certificate. This is also the right time to share your trek experience.

- **Departure**

On the final day, we arrange a complimentary airport drop-off service, ensuring your smooth departure from Kathmandu. Please share your hotel name, room number, flight departure date, and time.

Trek Bookings

- **Private Treks**

We organize exclusively private group treks and do not add anyone to your trek. We can handle all group sizes and provide an assistant guide for a group with 12 or more trekkers.

- **Safe Trek Bookings**

Discovery World Trekking is a government-authorized trekking operator, a member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), and has over a decade of experience organizing safe and memorable treks.

To secure the trek booking, we need a 10% advance payment. You can pay using bank transfer, Wise, Credit Card, or Western Union. Once your booking is confirmed, you must send us the required documents (passport copy, photos, travel insurance, and flight details) within one week. You can pay the remaining amount on your arrival in Nepal using cash, bank transfer, Wise, Western Union, or credit card. We will also email you payment details.

- **Last-Minute Bookings**

We prefer bookings but also have last-minute booking provisions. In last-minute bookings, we must receive a full payment 24 hours before your departure date. After arranging your required papers, call/Viber/WhatsApp Paul at 977-9840055491 or email info@discoveryworldtrekking.com. We will accommodate last-minute bookings, but please note that there are chances of delays due to unavoidable circumstances.

- **Flexible Schedule**

Though our treks have fixed departure dates, if they do not suit you, let us know. We will organize the trek at the time that suits you.

- **Trip Extension**

If you want to extend your stay, we can organize additional activities such as Kathmandu Valley Sightseeing, Nagarkot tours, Chitwan safaris, or other treks.

DWT Family

We prioritize the well-being of our staff members, providing fair wages, proper accommodations, meals, medical care, and insurance, as we believe a happy team will deliver better service. Our guides, from the remote high Himalayas, are highly experienced, government-licensed, trained in wilderness first aid, and have rock climbing experience.

Ecotourism Practices

Discovery World Trekking collaborates with the Kathmandu Environmental Education Project (KEEP) to ensure eco-friendly and culturally respectful trekking experiences that benefit both trekkers and local communities.

Tipping Culture

Nepali culture accepts tipping as a way of thanking (Dhanyabad) for good service. However, tipping is at your discretion and should reflect the quality of service, trek length, and cost. We advise you to tip at the end and do so collectively.

FAQs For Langtang Gosainkunda Trek

GENERAL INFORMATION

Where is the Langtang Gosainkunda located?

The Langtang Gosainkunda is located in the Langtang National Park, northeast central Nepal, just north of Kathmandu. It lies near the Nepal-Tibet border and offers stunning views of the Langtang region, high-altitude lakes, and the sacred Gosainkunda Lake.

How long does the Langtang Gosainkunda Trek take?

The Langtang Gosainkunda Trek typically takes 13 days to complete. It includes time for acclimatization and rest days.

What are the main highlights of the Langtang Gosainkunda Trek?

- Trek through Langtang Valley, known as the Valley of Glaciers.
- Scenic views of the Langtang Lirung (7,345 m), Naya Kanga (5,846 m), and other towering peaks.
- Visit sacred Gosainkunda Lake at 4,600 m.
- Opportunity for side trips to viewpoints like Kyanjin Ri and Tsergo Ri.
- Experience local culture, yak cheese factories, and picturesque villages.

Is the Langtang Gosainkunda Trek suitable for all levels of trekkers?

The Langtang Gosainkunda Trek is moderately challenging, making it suitable for trekkers with reasonable fitness. It involves ascending to high altitudes and navigating rocky terrain, so some previous trekking experience is beneficial but not necessary.

What makes the Langtang Gosainkunda Trek unique compared to other treks in Nepal?

The Langtang Gosainkunda Trek offers a blend of scenic landscapes, spiritual significance, and cultural diversity. Unlike many other treks, it combines views of glaciers, sacred high-altitude lakes, and unique Tibetan-influenced culture. The trek also visits Gosainkunda Lake, a revered pilgrimage site for Hindus and Buddhists.

Is a private Langtang Gosainkunda Trek available?

Yes, a private Langtang Gosainkunda Trek is available.

PREPARATION & FITNESS

How fit do I need to be for the Langtang Gosainkunda Trek?

While the trek is not difficult, moderate fitness is required. You should be able to walk for 5-7 hours per day at moderate altitudes (up to 4,800 m), with occasional steep ascents.

Can beginners undertake the Langtang Gosainkunda Trek?

Yes, beginners with normal fitness can undertake the Langtang Gosainkunda Trek. You can train for endurance and understand the risks of altitude sickness. Remember, the fitter you are, the more you will enjoy your trek.

What kind of physical preparation is recommended for this trek?

To prepare for the Langtang Gosainkunda Trek, we recommend you focus on:

- **Cardiovascular fitness:**Walking, hiking, or running for endurance.
- **Strength training:** Focus on leg strength and core stability for long days of trekking.
- **Backpack training:** Carry a daypack with weight to simulate trekking conditions.

PERMITS

What permits are required for the Langtang Gosainkunda Trek?

The Langtang Gosainkunda Trek requires the Langtang National Park Entry Permit and the Trekkers' Information Management System (TIMS) Card.

Are the necessary permits included in the trekking package?

Yes, our package includes the necessary permits.

Where can I obtain the permits for the Langtang Gosainkunda Trek?

You can obtain the permits at the Nepal Tourism Board (NTB) office in Kathmandu. We will acquire these permits for you as part of the package so you can trek hassle-free.

INSURANCE & VISA

Is travel insurance necessary for the Langtang Gosainkunda Trek?

Yes, travel insurance is mandatory for the Langtang Gosainkunda Trek.

What should my insurance cover for this trek?

Your insurance should cover medical treatment and emergency helicopter rescue up to the highest trek altitude.

Do I need a visa for trekking in Nepal, and how can I obtain one?

Most foreigners (except Indian nationals) require a visa to enter Nepa. You can obtain a tourist visa on arrival at Tribhuvan International Airport by presenting a valid passport (with at least six months' validity), a passport-size photo, and the appropriate visa fee. The current cost is USD 50 for a 30-day stay.

GUIDES & PORTERS

Is it necessary to have a guide for the Langtang Gosainkunda Trek?

As of April 1, 2023, all international trekkers in Nepal need a licensed trekking guide for the Langtang Gosainkunda Trek.

What roles do guides and porters play during the trek?

Guides lead the trek, ensuring the group's safety, providing insights into the region's culture and history, and offering support with navigation and acclimatization. Porters carry your luggage so that you can enjoy the trek fully.

ACCOMMODATION

What type of accommodation is available during the Langtang Gosainkunda Trek?

Accommodation consists of lodge-to-lodge stays at the best available lodges in the region. You'll spend six nights in rooms with attached bathrooms at Syabrubesi, Langtang Village, Kyanjin Gompa (2N), Thulo Syabru, and Chisopani, while the remaining six nights will be in standard rooms at Lama Hotel (2N), Cholangpati, Gosaikunda Lake, Ghopte, and Kutumsang.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Most lodges have electricity, and you can enjoy hot showers at an extra cost.

Will I have access to Wi-Fi or charging points along the trek?

Wi-Fi is available at most lodges for an additional charge, though connectivity may be limited at higher altitudes. Charging points are also available but might come with a fee.

FOOD & DRINKS

What kind of meals are provided during the Langtang Gosainkunda Trek?

The trek provides a full-board (main-course) meal plan with 13 breakfasts, 13 lunches, and 12 dinners. The menu includes traditional Nepali, Asian, and Western dishes such as dal bhat, momo, pasta, soups, burgers, and Tibetan bread.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available at most lodges, but the variety gets limited at higher altitudes. Please inform us about your dietary preferences before starting the trek.

Is safe drinking water available along the trek, or should I bring purification tablets?

Safe drinking water is available, and you can purchase bottled water along the trek. For ecological reasons, we recommend you carry a reusable water bottle and buy boiled/filtered water from tea houses/lodges instead. Further, it is best to use water purification tablets before drinking. We can also provide water purification tablets upon request. Please do not drink directly from local taps, wells, or rivers.

WEATHER

What is the best time of year to do the Langtang Gosainkunda Trek?

The best times for the trek are spring (March-May) and autumn (September-November), offering clear skies, moderate temperatures, good trails, and ideal trekking conditions.

How does the weather affect the trekking experience on the Langtang Gosainkunda Trek?

Spring and autumn are best for ideal trek conditions. Summer coincides with monsoon which means the trails can be slippery, but you can enjoy the lush greenery and waterfalls. The cold winter and snow make the trek challenging in higher elevations.

Is it safe to trek during the monsoon or winter seasons?

Yes. With precautions, you can trek during the monsoon and winter. We conduct safe treks in both of these seasons.

HEALTH & SAFETY

What health risks should I be aware of during the Langtang Gosainkunda Trek?

Altitude sickness is a slight risk. Other concerns include dehydration, digestive issues, and cold-related injuries, particularly in winter.

Is altitude sickness a concern on this trek?

Yes, altitude sickness is a concern, particularly as the trek reaches altitudes of over 4,600 meters at Gosainkunda Lake. Acclimatization days are built into the itinerary and our guides will suggest ways to minimize the chances.

What emergency procedures are in place during the trek?

In emergencies, we will coordinate with your insurer for emergency helicopter evacuation. Guides are trained in wilderness first aid and are always in contact with the base office.

PACKING & GEAR

What essential items should I pack for the Langtang Gosainkunda Trek?

You need good-quality trekking boots, warm clothing, a waterproof jacket, sun protection (hat, sunglasses, sunscreen), a first aid kit, a camera, and a power bank. Please see our equipment section for details.

Is a sleeping bag necessary for this trek?

Yes, a sleeping bag is recommended for extra warmth, though lodges will provide you bedding.

Are trekking poles or other gear recommended?

Trekking poles are highly recommended for stability, especially on rough or steep terrain. Other gear may include a headlamp, gaiters (for snow), and a water purifier.

BOOKING & PAYMENTS

How far in advance should I book the Langtang Gosainkunda Trek?

It is ideal to book at least a month in advance, but we also have a last-minute booking provision, where you can book the trek 24 hours in advance.

What is the payment process for booking this trek?

We require 10% of the trek cost as advance to secure your booking. You can pay using a bank transfer, credit card, Wise, or Western Union. The rest of the payment is due when you arrive in Kathmandu. In Kathmandu, you can also pay in cash. We will also email you payment details, including payment options.

Are there any cancellation or refund policies for the trek?

Yes, we have cancellation and refund policies. Please see our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Langtang Gosainkunda Trek?

The trek starts with a drive to Syabrubesi on a local bus. The drive is about 6-7 hours from Kathmandu. You can hire a jeep for an extra cost.

Are domestic flights required to reach the starting point of the trek?

No domestic flights are required. You will reach the starting point by road.

What transportation options are available after completing the trek?

After completing the trek, transportation back to Kathmandu is by bus. For an additional cost, you can hire a Jeep.

Discovery World Trekking

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