Langtang Gosaikunda Treks

Nepal / Langtang Helambu Region | Trekking package



Your journey at a glance

Duration: 14 days

Trip grade: Moderate+

Maximum altitude: 4983 m

Best season: March–May, September–December

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,800.00 per adult

Accommodation: Hotel in Kathmandu; tea-house / mountain lodge accommodation during the trek.

Transportation: Bus / coach between Kathmandu, Syabrubesi and Dhunche as listed; trekking on foot.

Package overview

Langtang–Gosaikunda Trekking is a popular route in the Langtang region. This journey combines the Langtang Valley, known as the “Valley of Glaciers,” with the sacred mountain lakes of Gosaikunda. Along the route, trekkers can enjoy close-up views of Langtang Lirung (7,246 m),

visit glaciers and walk through grassy downs and alpine meadows.

Gosaikunda is a holy mountain lake visited by both Hindu and Buddhist pilgrims, especially during the full moon in August. The supplied overview describes the lake as being at 4,380 m and notes that pilgrims believe bathing in its waters can cleanse sins. The route begins with a drive from Kathmandu to Syabrubesi, continues through the Langtang Valley to Kyanjin Gompa, then follows the trail towards Gosaikunda before returning to Dhunche and Kathmandu.

The trek offers a combination of mountain scenery and cultural experiences, including Kyanjin Gompa, rhododendron forests, rivers, streams, mountain villages and the Gosaikunda pilgrimage area.

Trekking Highlights

Scenic drive from Kathmandu to Syabrubesi through mountain terrain

Langtang village, described as the “Valley of Glaciers”

Kyanjin Gompa, an old Buddhist shrine

Climbing Chorko-Ri, as listed in the supplied highlights

Panoramic views of Langtang-ri, Langsisa, Langtang Himal and Ganjala Peak

Walking through rhododendron forest

Visit to the holy Gosaikunda Lake

Slow-moving rivers, swift mountain streams, rugged rock and grassy meadows

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu International Airport. An Ojha Holidays representative welcomes you, assists with the transfer to the hotel and provides an orientation of the trip. Meet the trekking guide. Overnight at a hotel in Kathmandu.

Accommodation: Hotel in Kathmandu

Altitude: 1,380 m

Day 2 - Drive from Kathmandu to Syabrubesi

After breakfast, travel by coach to Syabrubesi with the trekking guide and porter. The supplied description says the coach departs at 7:00 a.m. and follows the Trishuli Valley through villages, rivers and mountain scenery, with a lunch stop on the way. Check in at a mountain lodge; the rest of the day is free.

Accommodation: Mountain lodge in Syabrubesi
Altitude: 1,460 m (also stated as 1,420 m in the description)
Travel time: About 7 hours

Day 3 - Trek from Syabrubesi to Lama Hotel

Begin trekking after breakfast. Follow the forest trail, climbing for around two hours and then continuing uphill to Bamboo village (1,850 m), where the source says you stop for lunch. Continue through bamboo forest to Lama Hotel. The route follows the upstream area and offers opportunities to see birdlife and bee hives hanging from a cliff.

Accommodation: Mountain lodge / teahouse at Lama Hotel
Altitude: Lama Hotel: 2,560 m; Bamboo: 1,850 m
Walking / trekking: About 3 hours to Bamboo, then onward to Lama Hotel; total time not specified

Day 4 - Trek from Lama Hotel to Langtang Valley

Walk through rhododendron and pine forest to Ghoda Tabela, where the source says you stop for lunch. Continue along the scenic trail to Langtang village and settle in for the evening.

Accommodation: Mountain lodge in Langtang village
Altitude: Langtang Valley: 3,455 m
Walking / trekking: About 6 hours (three hours to Ghoda Tabela and three hours onward, as described)

Day 5 - Explore Kyanjin Gompa and climb Tsergo Ri

Leave Langtang Village and walk for around three to four hours to Kyanjin Gompa. Visit the Yak Cheese Factory, Kyanjin Monastery and local houses. The supplied Day 5 title also names a climb to Tsergo Ri (4,983 m), although the accompanying description does not provide details of that climb. Enjoy views of Ganchempo and Langtang Lirung.

Accommodation: Mountain lodge in Kyanjin Gompa

Altitude: Kyanjin Gompa: 3,817 m; Tsergo Ri: 4,983 m (Day 5 title)
Walking / trekking: About 3–4 hours to Kyanjin Gompa; Tsergo Ri climb duration not stated

Day 6 - Day trek to Langsisa Kharka

Walk towards Langsisa Kharka for close-up views of the Langtang Region mountains. The described route passes the Langtang airport area, Jatang (3,840 m) and Nubamathang (3,940 m), with views of Langshisa Ri and Dorje Lakpa, before reaching Langsisa Kharka. Return to Kyanjin Gompa for the night.

Accommodation: Mountain lodge in Kyanjin Gompa
Altitude: Langsisa Kharka: 4,080 m; Jatang: 3,840 m; Nubamathang: 3,940 m
Walking / trekking: About 10 hours walking

Day 7 - Return from Kyanjin Gompa to Ghoda Tabela

Retrace the trail from Kyanjin Gompa to Ghoda Tabela.

Accommodation: Mountain lodge at Ghoda Tabela
Altitude: Ghoda Tabela: 3,020 m
Walking / trekking: About 7 hours walking

Day 8 - Return from Ghoda Tabela to Bamboo

Continue descending from Ghoda Tabela to Bamboo.

Accommodation: Mountain lodge at Bamboo
Altitude: Bamboo: 1,960 m
Walking / trekking: About 5 hours walking

Day 9 - Trek from Bamboo to Thulo Syabru

Descend through alpine forest to Pairo, then continue towards the Langtang Khola. Cross the stream and a small waterfall area, then climb towards a tea house and follow the trail through pine and rhododendron forest. Cross a suspension bridge and climb the stone steps to Thulo Syabru village.

Accommodation: Mountain lodge in Thulo Syabru
Altitude: Thulo Syabru: 2,290 m

Day 10 - Trek from Thulo Syabru to Sing Gompa (Chandanbari)

Climb past the monastery and school courtyard, then pass the Langtang National Park army checkpoint. Continue through hemlock and oak forest to Dursagang (2,660 m), then climb to Foprang Danda (3,190 m). Follow the ridge through rhododendron and spruce forest to Sing Gompa (Chandanbari).

Accommodation: Mountain lodge at Sing Gompa
Altitude: Sing Gompa / Chandanbari: 3,330 m

Day 11 - Trek from Sing Gompa to Tharepati

Climb gradually along a ridge through rhododendron forest and dry scrub vegetation. Pass Cholangpati (3,650 m) and continue to Laurebina Yak (3,920 m). The source describes this as an acclimatization day before the following day’s higher climb, and notes views of Annapurna, Manaslu, Ganesh Himal, Langtang Lirung and Tibetan mountains.

Accommodation: Mountain lodge at Tharepati / Laurebina Yak area
Altitude: Tharepati / Laurebina Yak: 3,920 m

Day 12 - Trek from Tharepati to Gosaikunda

Follow the ascending ridge with mountain views. The trail may be icy in late November and December before sunrise. Pass a small temple with a statue of Sakyamuni (Lord Buddha), then continue past Saraswati Kunda and Bhairav Kunda to the Gosaikunda Lake teahouses. Enjoy the view of the holy lake.

Accommodation: Mountain lodge / teahouse at Gosaikunda
Altitude: Gosaikunda: 4,460 m

Day 13 - Trek from Gosaikunda to Dhunche

Return towards Sing Gompa along the same trail. Continue downhill beside the stream flowing from Gosaikunda Lake, passing a few houses, a government agriculture station and an army post before ending the trek at Dhunche.

Accommodation: Mountain lodge in Dhunche
Altitude: Dhunche: 1,950 m

Day 14 - Drive from Dhunche to Kathmandu

After breakfast, take a coach to Kathmandu. On arrival, transfer to the hotel and rest. In the evening, you may stroll around Thamel or shop for souvenirs. Overnight at a hotel in Kathmandu.

Accommodation: Hotel in Kathmandu
Travel time: Coach / bus; duration not specified

Day 15 - Airport transfer and departure

An Ojha Holidays representative meets you at the hotel and escorts you to Kathmandu International Airport for your onward flight.

What is included

What is excluded

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/langtang-gosaikunda-trek