



Dear Traveler,

Greetings from **Altitude Himalaya!!**

Thanks for reaching us. Please find below details of the **Langtang Gosaikunda Lake Trek from Kathmandu**. Let us know your further questions, changes, and decisions. We can customize the trip plan upon your preference, choice, and suggestion.

**Your Trip Facts:**

Travelers Info	<b>Your Group Name</b> (Minimum 2 Adults)
Trek Name	<b>Langtang Gosaikunda Lake Trek from Kathmandu</b> (10 Nights   11 Days)
Accommodation	<b>Local Lodge and Guest Houses (10 Nights)</b>
Rooms	1 Twin Sharing Normal Room
Trip Cost	<b>USD 1300 Per Person (A Private Trip)</b>
Route	Kathmandu - Syabrubesi - Lama Hotel - Langtang Village - Kyanjin Gumpa - Kyanjin Ri - Lama Hotel - Thulo Syabru - Sing Gumpa - Gosaikunda Lake - Dunche - Kathmandu.
Meal Plan	AP (Breakfast, Lunch, and Dinner Included)
Permits	<ol style="list-style-type: none"><li>1. Langtang National Park Entry Permits.</li><li>2. Trekkers Information Management System (TIMS) Card.</li></ol>
Drive	Kathmandu to Syabrubesi and Dhunche to Kathmandu.
Guide	An English-speaking experienced licensed trekking guide.
<b>Read Our Past Guest Reviews On: <a href="#">TripAdvisor</a>   <a href="#">Google</a>   <a href="#">TripAdvisor</a></b>	



### **Trek Description:**

Our **Langtang Gosaikunda Lake Trek from Kathmandu** is one of the most beautiful treks near Kathmandu where you can see the mountains and explore the local culture. This 11 days trek is a scenic and spiritual route in the Langtang region. This is a wonderful trek where you will explore the Langtang valley and stretch your trip to Gosaikunda Lake, a sacred alpine lake at an elevation of above 4,000m. This holy lake has great religious significance and is revered by both Hindus and Buddhists establishing religious harmony. The trail passes through different landscapes from dense forests, terraced hill stations, and charming Tamang villages, offering spectacular views of the Langtang ranges.

This trek is not just a trek but a beautiful blend of natural beauty, cultural richness, and religious importance. The trek offers a relatively moderate difficulty level, making it easily accessible for beginner trekkers as well. During the first part of the trek, you will go on the Langtang Valley trek and after exploring the area you will make your way back to Lama Hotel and start another journey towards the Gosaikunda Lake where you will get to see the tranquil ambiance of the surrounding area and its majestic beauty. This trek offers several opportunities to soak in the beauty of Nepal's highlands while also experiencing the rich culture of the area.

### **Trek Highlights:**

- A private and customized trip.
- Get a 360 view of the mountains and the surrounding area full of beautiful landscapes.
- Explore the local culture of the region mainly Tamang and Sherpa culture.
- Observe the serene beauty of the holy Gosaikunda Lake.
- Panoramic view of the Langtang Lirung, Ganesh Himal, and several other majestic peaks.
- Spectacular vistas of Langtang Lirung, Ganesh Himal, and other peaks.

### **Your Tour Itinerary:**

**DAY 01: Drive from Kathmandu Syabrubesi. [2,380m/7,808 ft]**



**At. 06:00 AM:** Early in the morning, your guide will pick you up from your respective hotel or designated location, and you will drive to **Syabrubesi (Syaphrubesi)**, the starting point of the trek. The distance from Kathmandu to Syabrubesi is 147 km, which you will cover in 5-7 hours by driving, depending on traffic and road conditions. The road after Trishuli is a bit rugged and off the beat. You will pass through rural lowland villages where you can observe the procession of an ordinary day. Once you reach Syabrubesi, store your bags at the local lodge and explore the village as you will have leisure time until dinner. Overnight at Syabrubesi.

*Meals: Lunch, and Dinner Included.*

#### **DAY 02: Trek to Lama Hotel. [2,560m/8,399 ft]**

**At. 08:00 AM:** The trek from Syabrubesi to **Lama Hotel** marks the beginning of the Langtang Valley Trek in Nepal. This segment of the trek usually takes 5-6 hours, covering a distance of around **10.9 km** (6.8 miles).

**Note:** Porter during the trek. (A porter can carry 20 KG of luggage for 2 people.) Hiring a porter is optional and costs extra add-ons.

Starting from **Syabrubesi (1,470m/4,823ft)**, the trail follows the Langtang Khola (River) and gradually ascends through a series of switchbacks. You will pass through lush forests, suspension bridges, and small villages as you make your way toward the Lama Hotel. As you approach the village of **Bamboo (1,960m/6,430ft)**, the trail enters a dense forest filled with rhododendrons, oaks, and bamboo. You might even spot some wildlife, such as langur monkeys if you're lucky. Bamboo offers a few teahouses where trekkers can take a break and enjoy refreshments. Continuing the ascent, you'll settle in **Rimche (2,400m/7,874ft)**, which offers more teahouses and resting spots. From Rimche, it's a short hike to **Lama Hotel (2,560m/8,399 ft)**, where you'll find several lodges and teahouses to rest and spend the night. The trail from Syabrubesi to Lama Hotel offers trekkers an opportunity to immerse themselves in the natural beauty of the region and experience the local Tamang culture.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 03: Trek to Langtang Village. [3,430m/11,253 ft]**

**At. 08:00 AM:** The trek from Lama Hotel to Langtang Village is an exciting part of the Langtang Valley Trek. This section of the trek typically takes 5-6 hours, covering a distance of approximately **14 km**



**(8.7 miles).** Starting from **Lama Hotel (2,470m/8,103ft)**, the trail continues along the Langtang Khola (river) and gradually ascends through dense forests, crossing several suspension bridges. As you progress, the vegetation becomes sparser, and the valley widens, offering breathtaking views of the surrounding mountains.

Along the way, you'll pass through the settlements of Gumanechok, **Ghodabela (3,030m/ 9,941ft)**, and **Thangshyap (3,140m/10,302ft)**, where you can find teahouses for rest and refreshments. These small villages provide glimpses into the local Tamang culture and their traditional lifestyle. The trail then leads to **Langtang Village (3,430m/11,253ft)**, the largest settlement in the valley. This picturesque village, consisting of traditional stone houses and surrounded by terraced fields, is nestled between the soaring peaks of the Langtang Himal. Here, you can find various teahouses and lodges to accommodate trekkers, as well as a small monastery and a cheese factory to explore.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 04: Trek to Kyanjin Gompa. [3,870m/12,697 ft]**

**At. 08:00 AM:** You will leave the village after breakfast, and you will move on through high pasture lands where yaks graze. Walk slowly while acclimatizing and exploring the local cheese factory on the way. In today's walk, you will mostly walk alongside the **Mani walls** and across wooden bridges. The distance between Langtang Valley and **Kyanjin Gompa (3,870m/12,697 ft)** is 5.2 km, which you will cover in 2-3 hours. On the way, the high-altitude atmosphere can be felt as you reach Kyanjin Gompa. Your guide will provide all the necessary information about the trail and its attractions. Overnight stay in a Kyanjin Gompa lodge.

**Note:** If you are into more adventurous activities you can also consider peak climbing to Yala Peak situated at an elevation of 5,500 m. Yala peak climbing is an easy, nontechnical ascent perfect for beginner climbers who want to explore the mountains and head toward peak climbing. It offers a straightforward climb with stunning vistas making it an ideal introduction to mountaineering.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 05: Sunrise from Kyanjin Ri. [4,773m/15,660 ft]**

**At. 05:00 AM:** It's a day for exploration. A hike to **Kyanjin Ri (4,773m/15,660 ft)** is scheduled for the morning. Incredible landscape views of the Langtang Range delight the eyes at the elevation. It is the



trek's highest point, from where you get a breathtaking view of Langtang Peak along with a spectacular valley view. The distance between Kyanjin Gumpa and Kyanjin Ri is just 2.2 km, which you can cover in around 3-4 hours. After returning, you can explore Kyanjin Gumpa, which is also the Buddhist community's settlement area. You can also visit **Tserko Ri (5,033m/16,513ft)**, which is another vantage point of the Langtang Valley trek. It takes 5 hours to reach the top and 3 hours to return to the Kyanjin Gumpa. The hike to Tserko Ri is optional.

**Note:** You can also visit **Tserko Ri (5,033 m/16,513 ft)**, which is the vantage point of the Langtang Valley trek. It takes 5 hours to reach the top and 3 hours to get back to the Kyanjin Gumpa. The hike to Tserko Ri is optional.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 06: Trek to Lama Hotel. [2,560m/8,399 ft]**

**At. 08:00 AM:** You walk past scenic trails to return to Lama Hotel via **Ghoda Tabela**. The route is mostly a descent and an easy and pleasant walk. The distance between Kyanjin Gumpa and **Lama Hotel (2,560m/8,399 ft)** is around 15 km, which you can cover in 5-6 hours. Enjoy the peaceful hike down to your destination. Overnight stay in a Lama Hotel.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 07: Trek to Thulo Syabru. [2,150m/7,054 ft]**

**At. 08:00 AM:** After breakfast, you will start to descend to the **Landslide** (Landslide is the name of a location on the Langtang Trail), which is around 6 to 7 km from Lama Hotel. From Landslide, the trail gets separated, with one leading to **Thulo Syabru** and another to **Syabrubesi**. You will ascend from the landslide to Thulo Syabru. The distance between Lama Hotel and Thulo Syabru is 10 km, which you will cover in 4-5 hours. From here, you can have a pleasant view of **Langtang Lirung** and other Tibetan Himalayan ranges. Overnight at the tea house.

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 08: Trek to Sing Gumpa. [3,330m/10,925 ft]**

**At. 08:30 AM:** The trail starts with the steep ascent path passing through **Dursagang (2,660m)** and leading to **Foprang Danda (3,200m)**. Throughout the trail, there are breathtaking views of



*Langtang Himal, Ganesh Himal, the Tibetan Mountains, forests of oak and hemlock, rhododendron forests, and pastures. The distance between Thulo Syabru and **Sing Gompa** is 7 km, which you will cover in 4-5 hours. After reaching the Sing Gompa, you will visit the cheese factory. Overnight at Sing Gompa.*

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 09: Trek to Gosaikunda Lake. [4,380m/14,370ft]**

***At. 08:30 AM:** The trail today is all climbing up. After breakfast, you will start our trek towards Gosaikunda. The distance from Sing Gompa to **Gosaikunda Lake** is 9 km, which you can cover in 6-7 hours. You will pass by the **Cholang Pati, Lauribinayak, and Lauribina pass** before reaching Gosaikunda. From the Lauribina pass, a 360-degree view of high Himalayan peaks can be seen. The trail from Lauribina pass to Gosaikunda is comparatively easier and flat.*

*Before Lake Gosaikunda, you will pass by two other beautiful lakes, **Sworswoti Kunda** and **Bhairab Kunda**. According to legend, the Hindu deity **Shiva** created Gosaikunda by piercing a glacier with his trident to quench his thirst after swallowing a poison that threatened to destroy the world. Overnight at Gosaikunda Teahouse.*

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 10: Trek to Dhunche. [2,030m/6,660 ft]**

***At. 05:30 AM:** You can walk up to the viewpoint to experience the sunrise and aerial view of Lake Gosaikunda. The walk will take approximately 20 minutes. As you approach the lake, you will witness its true beauty as the sun rises, offering you a celestial view.*

***At. 09:00 AM:** After exploring the lake area in the morning, you will descend along the same path towards **Cholang Pati** and **Lauri Binayak**. The distance from Gosaikunda to **Dhunche** is approximately 16 km, and it usually takes around 6-8 hours to cover this distance. The trail descends towards Dhunche, a district headquarters. Stay overnight at a local lodge in Dhunche.*

*Meals: Breakfast, Lunch, and Dinner Included.*

#### **DAY 11: Drive to Kathmandu, Farewell.**



**At. 08:30 AM:** Enjoy breakfast at the teahouse before heading back to Kathmandu. The distance between Dhunche and Kathmandu is 131 km, which can be covered in 5-6 hours of driving. Your transportation will take you to the designated hotel for your departure. Once you reach Kathmandu, bid farewell to your guide and driver. Then, proceed with your travel itinerary, whether it involves continuing your journey or returning home. Farewell!!

*Meal: Breakfast and Lunch Included.*

### **Our Service Includes:**

1. Road transfer from Kathmandu to Syabrubesi and Dhunche to Kathmandu (jeep).
2. Local lodge or tea house accommodation during the trek.
3. Daily breakfast throughout the trip.
4. Lunch and Dinner as mentioned in the itinerary.
5. All necessary papers work. (National Park Entry Permits and TIMS Card)
6. An English-speaking, government-licensed, and experienced trek guide.
7. A well-equipped first aid kit with necessary medicines was carried by the guide.
8. One local SIM card (returnable) during your stay.
9. All government and local taxes.
10. Guide's salary, food, and accommodation.
11. Arrangement of emergency helicopter service which will be paid for by your traveler's insurance company.
12. Duffle bags and trekking route maps – if necessary.

### **Our Services Excludes**

1. Personal expenses.
2. Nepal visa cost. (You will require 2 passport-size photos and 30 USD for a 15 days Nepal tourist visa; [visa forms](#) can be filled out online in advance)
3. International flight ticket.
4. Porter during the trek. (A porter can carry 20 Kg baggage of 2 people)
5. Travel health insurance. (Highly Recommended)
6. Tips for the guide, porter, and driver. (Recommended)



7. *Sweet things like dessert/chocolate.*
8. *All alcoholic and non-alcoholic drinks.*
9. *Hot showers/batteries charge/heater/mineral water during the trek.*
10. *Any other expenses which are not mentioned in the included section.*

### **TRIP GUIDE**

The information about the **Langtang Gosaikunda Lake Trek** is in-depth; feel free to contact us 24/7. We will be available on WhatsApp to assist you instantly. You can write an email if this trip doesn't fit your vacation schedule and requirements. Altitude Himalaya aims to offer the best possible travel experience to customers. Depending on the needs of the visitors and the group size, we customize each vacation package. We will put together a bespoke itinerary just for your private group.

### **Booking Terms and condition and Payment Information:**

[Please click](#) here to learn more about our various payment methods, or transfer the amount personally through our partner account in India. Before confirming your tour package, make sure to read our booking terms and conditions. We are committed to our offers and given rates. The availability of hotels is subject to the time of confirmation.

**Travel insurance:** [Travel insurance](#) is important before traveling to a new place especially when you are traveling for adventure. Travel insurance covers risks such as loss of personal belongings, and any unexpected expenses. Travel insurance also covers sudden medical emergencies such as accidents. It also covers high-altitude emergency evacuation in case of trekking. Travel insurance is not compulsory but highly recommended.

**Medical emergency:** If you face any serious medical emergency during your trekking program you will immediately evacuate the place through Helicopter Rescue which the traveler's insurance company will cover. While trekking to the highland of Nepal you may face minor health issues such as scratches, headaches, etc. For such a situation, your guide carries a well-equipped first aid kit, ensuring nothing happens to you.





**High-altitude sickness:** During your trek, you will walk through gorgeous valleys, traditional villages, and thrilling highlands above 3,000m elevation. [Altitude sickness](#) is unpredictable; it can happen to anyone despite being physically and mentally fit. As you gain altitude, the chances of altitude sickness increase slightly. To avoid getting altitude sickness you should drink 5-6 lt water per/day and food with high carbohydrates. Walking slowly and acclimatizing decreases the chances of getting altitude sickness. Focus on your breathing and maintain your walking pace.

#### **Do's and Don'ts:**

- Select the ideal time to travel.
- Select a reputed trekking/ travel organization.
- Training and getting ready for any kind of situation are necessary.
- Efficient packing is the key. ([Nepal trekking gear checklist](#))
- Carry all the necessary paperwork (National Park [permit](#), and TIMs).
- Maintaining body hydration is important while traveling to high elevations.
- Having the proper personal gear makes your journey more enjoyable.
- Respect the culture and people of the area.
- Travel for experience and not for the sake of traveling.
- Don't litter, put trash in its place.

**Why with Altitude Himalaya:** [Altitude Himalaya](#) is one of Nepal's growing travel companies providing excellent service to its clients. We believe in providing quality experiences and memories. We are concerned about maintaining and following our own standard service that includes a private transfer, at least a 3-star hotel accommodation in urban areas, the best available lodges/tea houses at the trekking trails, and dedicated personalized assistance. Additionally, we also operate our trips in [Bhutan](#) and [Tibet](#).