



Earthbound Expeditions

Langtang Valley and Gosainkunda Trek

14 days, from US\$1,390 per person

Duration

14 days

Grade

Moderate

Max altitude

4,984 m

Start and end

Kathmandu

On the trail

5 to 7 hours a day

Best season

Mar to May, Oct to Nov

Accommodation

Teahouses

Meals

All meals on the trek

Group size

Up to 10

Getting there

By road

Contact us

Phone

+977 9851017772

WhatsApp

+9779851017772

Email

earthboundnpl@gmail.com

Website

enepaltrekking.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

Langtang Valley and Gosainkunda Trek Overview

Up the Langtang valley to the glaciers at Kyanjin Gumpa, then back down and up the neighbouring ridge to the sacred lakes at Gosainkunda, finishing at Dhunche.

Trek overview

The trek lasts fourteen days, ten of them walking, and visits two separate high areas. You first walk up the Langtang valley, from the river gorge through yak pastures to the glacier snouts above Kyanjin Gumpa at 3,870 m, with a day there to climb one of the hills. You then walk back down the valley, turn south at Thulo Syabru and climb a forested ridge to the lakes at Gosainkunda at 4,380 m.

Route and return

There is another version of this trek with a similar name, so we explain the difference here. Our Langtang Gosainkunda Circuit crosses the Laurebina La at 4,610 m the morning after the lakes and walks south through Helambu to Sundarijal, an hour from Kathmandu. It is two days longer, needs a second national park permit, and places a high pass between you and the nearest road. This trek turns back at the lakes and descends to Dhunche. It visits the same lakes and mountains, and it is shorter and easier.

The 2015 earthquake

Shortly before noon on 25 April 2015, the earthquake dislodged a hanging block of ice from the south side of Langtang Lirung. The avalanche buried Langtang village under rock, ice and silt within minutes, and the air blast ahead of it flattened mature forest on the opposite bank. The official death toll is 306, including villagers, Nepali workers from other parts of the country and foreign trekkers. People in the valley believe the true figure was higher, because nobody knows exactly who was in the village that Saturday. The surviving Tamang families rebuilt a short distance from the debris, largely with income from trekking. Please walk quietly past the memorial and take time to read some of the names on it.

The sacred lakes of Gosainkunda

Gosainkunda is a place of pilgrimage rather than a viewpoint. According to Hindu belief, Shiva swallowed the poison churned from the ocean to save the world, then struck his trident into the mountain here to find water for his burning throat. This is why he is known as Nilkantha, the blue-throated one, and the lakes are said to be that water. At Janai Purnima, the August full moon, many thousands of pilgrims walk up from the valleys and bathe in water a few degrees above freezing, while jhankri shamans drum through the night. Bon and Buddhist traditions also honour the site, and there are said to be 108 lakes in the basin.

Who this trip is for

This trek suits travellers with two weeks available who want more than one kind of experience, and who prefer not to risk a week of their time on a mountain airstrip. It combines glaciers and a pilgrimage site, Tamang villages and alpine lakes, and the route can be shortened from almost any point because there is a road at both ends. It is not an easy trek, but it is a flexible one.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Drive to Syabrubesi	7 hrs	120 km	1,460 m
3	Syabrubesi to Lama Hotel	6 hrs	11 km	2,470 m

4	Lama Hotel to Langtang village	6 hrs	14 km	3,430 m
5	Langtang village to Kyanjin Gumpa	3–4 hrs	7 km	3,870 m
6	Tserko Ri or Kyanjin Ri, second night at Kyanjin	4–6 hrs	–	4,984 m
7	Kyanjin Gumpa to Lama Hotel	6–7 hrs	21 km	2,470 m
8	Lama Hotel to Thulo Syabru	5 hrs	9 km	2,250 m
9	Thulo Syabru to Sing Gumpa	6 hrs	9 km	3,330 m
10	Sing Gumpa to Gosainkunda	5 hrs	9 km	4,380 m
11	Lakes in the morning, down to Sing Gumpa	5–6 hrs	11 km	3,330 m
12	Sing Gumpa to Dhunche	5–6 hrs	12 km	1,960 m
13	Drive back to Kathmandu	7 hrs	117 km	1,400 m
14	Fly home	–	–	–

Day 1

Arrive in Kathmandu

We meet you at the airport and take you to your hotel in Thamel. If you arrive early, you have time to walk to the old squares or relax in a garden. In the evening your guide meets you, checks your equipment and briefs you on the two weeks ahead.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Drive to Syabrubesi

An early start north out of the Kathmandu valley, over the ridge at Kakani and down to the Trishuli river, then up a mountain road where the tarmac turns to dirt before Dhunche. The drive is about 120 km and takes seven hours on a good day. You arrive in mid-afternoon, below the steep walls of the gorge.

Altitude: 1,460 m On foot: None, 7 hr drive Night: Teahouse, Syabrubesi Meals: Breakfast, Lunch, Dinner

Day 3

Trek to Lama Hotel

Cross the Bhote Koshi and turn east into the narrow Langtang gorge. The trail climbs the north bank through oak and rhododendron forest, with langur monkeys in the trees and the river below. Lama Hotel is not a hotel but a small settlement made up of a row of lodges in the forest.

Altitude: 2,470 m On foot: 11 km, 6 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 4

Trek to Langtang village

The hardest walking day of the first half, with 960 m of ascent. The forest thins at Ghoda Tabela, the valley opens out, and you cross the grey debris field below Langtang Lirung where the old village stood. The rebuilt village lies just beyond it. Walk slowly today, as this is where altitude headaches often begin.

Altitude: 3,430 m On foot: 14 km, 6 hrs Night: Teahouse, Langtang village Meals: Breakfast, Lunch, Dinner

Day 5

Trek to Kyanjin Gompa

A short morning walk past mani walls, water mills and grazing yaks, with the valley now wide open and Langtang Lirung (7,227 m) dominating the view. You reach Kyanjin by lunchtime. Spend the afternoon visiting the monastery and the cheese factory, and allow your body to adjust to the extra 440 m before tomorrow.

Altitude: 3,870 m On foot: 7 km, 3–4 hrs Night: Teahouse, Kyanjin Gompa Meals: Breakfast, Lunch, Dinner

Day 6

Hike to Tserko Ri or Kyanjin Ri

Start before dawn to climb one of the two hills above the village. Tserko Ri (4,984 m) is a six-hour round trip east up the valley and gives the wider view, taking in Langtang Lirung, Dorje Lakpa and the border peaks. Kyanjin Ri (about 4,770 m) takes half a day and the view is almost as good.

Altitude: 4,984 m On foot: 4–6 hrs Night: Teahouse, Kyanjin Gompa Meals: Breakfast, Lunch, Dinner

Day 7

Trek back to Lama Hotel

Today you descend in one day what you climbed in two. It is a long day for the legs, but easier on the lungs. You pass the memorial stones again, descend through Ghoda Tabela and reach the forest by early afternoon. The long descent is hard on the knees, so use trekking poles.

Altitude: 2,470 m On foot: 21 km, 6–7 hrs Night: Teahouse, Lama Hotel Meals: Breakfast, Lunch, Dinner

Day 8

Trek to Thulo Syabru

Descend the gorge to the river junction at Bamboo, then cross the river and climb a steady hillside to Thulo Syabru, a Tamang village along a spur with a gompa at the top and views of Ganesh Himal across the valley. The first half of the trek ends here. Tomorrow you begin climbing again, on the other side of the valley.

Altitude: 2,250 m On foot: 9 km, 5 hrs Night: Teahouse, Thulo Syabru Meals: Breakfast, Lunch, Dinner

Day 9

Trek to Sing Gompa

A long climb through quiet, shaded forest of old oak and fir. Red pandas live here, although you are very unlikely to see one. Sing Gompa, also called Chandanbari, sits on the ridge at 3,330 m, with a monastery, a yak cheese factory and views to the west. This is a demanding day, with 1,080 m of ascent.

Altitude: 3,330 m On foot: 9 km, 6 hrs Night: Teahouse, Sing Gompa Meals: Breakfast, Lunch, Dinner

Day 10

Trek to Gosainkunda

Today you leave the forest behind. The path climbs the ridge past Cholangpati and the lodges at Lauribina, with views of Manaslu and Ganesh Himal behind you, and of the Annapurnas on the clearest mornings. Two smaller lakes appear below the trail, followed by Gosainkunda itself, a dark lake beneath a wall of rock.

Altitude: 4,380 m On foot: 9 km, 5 hrs Night: Teahouse, Gosainkunda Meals: Breakfast, Lunch, Dinner

Day 11

Morning at Gosainkunda and trek to Sing Gompa

After breakfast you walk for an hour up towards the Laurebina La, which gives the best view over the whole basin and is the easternmost point of this trek. You then return past the stone shrine at the lake and descend. The walk to Sing Gompa takes four to five hours, and breathing becomes easier as you lose height.

Altitude: 3,330 m On foot: 11 km, 5–6 hrs Night: Teahouse, Sing Gompa Meals: Breakfast, Lunch, Dinner

Day 12

Trek to Dhunche

A steep, almost continuous descent of nearly 1,400 m through rhododendron and pine forest, crossing a suspension bridge near the bottom, to Dhunche, the headquarters of Rasuwa district, built on terraces. You sign out of the national park at the same post where you signed in. In Dhunche you can enjoy a hot shower, a proper bed and a cold beer.

Altitude: 1,960 m On foot: 12 km, 5–6 hrs Night: Teahouse, Dhunche Meals: Breakfast, Lunch, Dinner

Day 13

Drive back to Kathmandu

Drive back to Kathmandu on the same road, downhill this time, with the Trishuli river alongside for most of the way and a lunch stop at Trishuli Bazaar. You usually arrive in Thamel by late afternoon, with time for a shower before a farewell dinner together.

Altitude: 1,400 m On foot: None, 7 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 14

Departure

After breakfast we take you to the airport in good time for your flight. If you are staying longer, we can arrange a Chitwan trip, a guided day tour of the Kathmandu valley or a flight to Pokhara at short notice, and your guide can recommend places to eat.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers and all ground transport
- Licensed English-speaking guide and porters
- Accommodation throughout the trip
- Langtang National Park permit and TIMS card
- All meals on the trek, from day 2 onward

Not included

- International flights
- Travel and rescue insurance
- Personal trekking gear
- Tips and personal expenses
- Nepal entry visa (on arrival)

Packing list

Luggage weight limit

There are no flights on this trek, so the only weight limit is your porter's: a strict 20 kg shared between two trekkers. This is more generous than on the Lukla treks, so you can bring a warmer jacket. We lend you a duffel, a sleeping bag and a down jacket, and anything you do not take on the trek is stored free of charge at our Kathmandu office while you are away.

Head and face

- Sun hat with a brim, and a warm hat that covers the ears
- Two buffs or neck gaiters
- Sunglasses, category 3 or 4. The glare from snow near the lakes is strong
- Headtorch and spare batteries. The Tserko Ri climb starts in the dark, and the lodge at Gosainkunda is dark at night
- Sunscreen SPF 50 and lip balm with sun protection

Clothing

- Three merino or synthetic base layers, no cotton
- Two mid layers: a fleece and a light insulated layer
- Down jacket. We lend you one, but bring your own if you feel the cold at night
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers, one of them lined
- Underwear for four or five days, washing as you go

Hands and feet

- Liner gloves and an insulated outer pair
- Broken-in boots with ankle support. It is essential that they are broken in
- Four pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Microspikes if you are trekking in December, January or February

Bags

- Duffel for the porter, 20 kg maximum. We provide one
- Daypack of 30 to 35 litres with a rain cover
- Dry bags or thick liners. The gorge is wet even outside the monsoon

Sleeping

- Sleeping bag rated to -10°C. We provide one
- Silk or cotton liner, for warmth and for hygiene
- Earplugs. Lodge walls here are plywood and the stove room is next door

Health

- Blister plasters, tape, painkillers and rehydration salts
- Diamox if your doctor agrees, plus any medication you take routinely
- Water purification: tablets, a filter or a SteriPen
- Hand sanitiser and wipes. There is no shower at Gosainkunda
- Trekking poles. They are very useful on the descent to Dhunche

Papers and money

- Passport valid for six months, and two photocopies
- Four passport photographs for the permits
- Insurance certificate showing helicopter cover to 5,000 m
- \$250 to \$350 in rupees, in small notes. There is no working ATM above Dhunche

Route map

Langtang Valley and Gosainkunda Trek

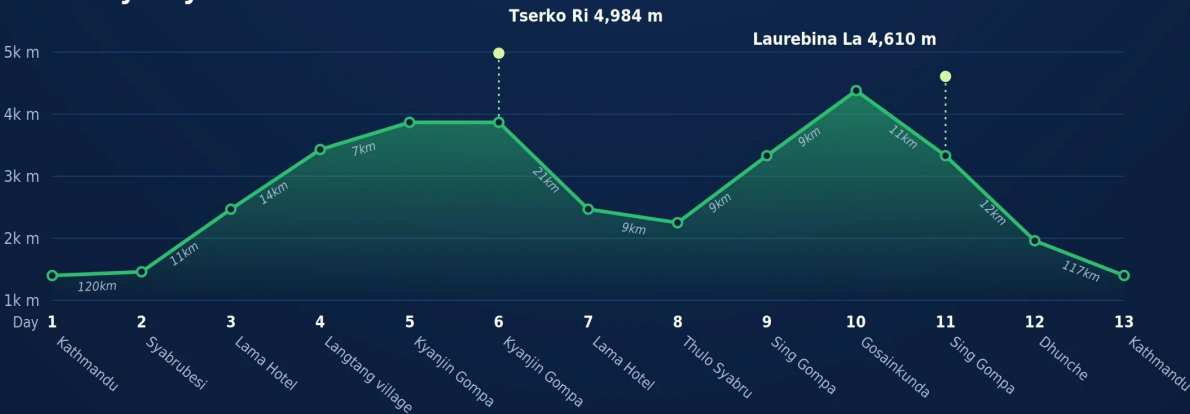
14 days | Highest point 4,984 m | Moderate



Start: Drive to Syabrubesi

End: Drive back to Kathmandu

Altitude by day



Optional extras

Both hills at Kyanjin

\$95, +1 day

A third night at Kyanjin so you can climb Kyanjin Ri and Tserko Ri on separate mornings instead of choosing between them. This is good value for money.

Split the climb to Sing Gompa

\$110, +1 day

Break the 1,080 m day at Dursagang or Foprang Danda and arrive at Sing Gompa rested. Recommended if the Langtang section has left you tired or if you want a more gradual approach to the lakes.

Tamang Heritage Trail extension

from \$270, +3 days

A low-altitude loop west of Syabrubesi through Tamang villages, with a hot spring at Tatopani and a view over the border into Tibet. It focuses on culture rather than altitude, and is a good warm-up for the trek.

Cross the Laurebina La

from \$210, +2 days

Turn this trek into the circuit by crossing the Laurebina La at 4,610 m and walking out through Helambu to Sundarijal. We only do this if the pass is clear and you are walking well.

Private jeep for both road days

\$170

Seven hours on this road is much more comfortable in a jeep with six people than in a bus with forty, and you can leave when you are ready rather than waiting for the bus to fill.

Single room

\$95

For the Kathmandu nights and at any lodge on the trail that has single rooms. Above Sing Gompa most lodges do not, and at Gosainkunda you may have to sleep in a dormitory in the busy season.

Photos, videos and reviews of this trip: enepaltrekking.com/langtang-gosainkunda-trek