

# Langtang Valley & Gosaikunda Lake Trek



## Trip Overview

This 15-day trek combines the stunning Langtang Valley with the sacred Gosaikunda Lake, offering a rich Himalayan adventure with moderate difficulty. Beginning in Syabrubesi and ending in Dhunche, the trail passes lush forests, traditional Tamang villages, and alpine meadows, while providing close-up views of snow-capped peaks including Langtang Lirung. Trekkers experience cultural insights, visit ancient monasteries, explore yak cheese factories, and challenge themselves with optional climbs like Tsergo Ri. The trek concludes with a drive back to Kathmandu, leaving lasting memories of pristine nature and spiritual landmarks.

**Total Trip Days:** 15 Days

**Region:** Langtang Region

**Max Altitude:** 5,033 meters (Tsergo Ri)

**Activity:** Trekking

**Difficulty:** Moderate

## Trip Highlights

- Langtang Valley Exploration: Trek through rhododendron and bamboo forests, alpine meadows, and riverside trails
- Tamang Village Encounters: Stay in local tea houses, meet villagers, and learn about post-earthquake recovery
- Kyanjing Gumpa & Monastery Visit: Experience the spiritual center of Langtang and visit traditional yak cheese factories
- Tsergo Ri Hike: Optional ascent to 5,033m for panoramic views of the Langtang Himal and neighboring peaks
- Gosaikunda Lake: Sacred alpine lake revered by Hindus and Buddhists, offering sunrise views and spiritual ambiance
- Scenic Treks & Gradual Acclimatization: Carefully paced trekking with acclimatization days to prevent altitude sickness
- Moderate Trek Difficulty: Accessible to trekkers with some prior hiking experience and basic fitness level
- Less Crowded Trails: More tranquil than popular Annapurna or Everest routes, providing a peaceful Himalayan experience
- Diverse Landscapes: From subtropical forests to high-altitude lakes and panoramic alpine vistas
- Tea House Accommodation: Experience local hospitality while enjoying comfortable overnight stays

## Itinerary

### Day 1:

Upon arrival at Tribhuvan International Airport in Kathmandu, a representative will meet you and transfer you to your hotel. After check-in, the rest of the day is free to rest or explore the city at your leisure. Overnight in Kathmandu.

### Day 2:

Leaving Kathmandu, you'll drive north through scenic hills and along the Trisuli River. As you approach Rasuwa district, views of the Manaslu Massif, Ganesh Himal, and Langtang range begin to appear. The journey ends in the village of Syabrubesi. Overnight in Syabrubesi.

### **Day 3:**

The first day of trekking begins along the Langtang Khola, passing through forests and small villages. The trail gently ascends through bamboo and rhododendron groves, bringing you to Lama Hotel, a forest-side hamlet nestled along the river. Overnight at Lama Hotel.

### **Day 4:**

You'll continue the ascent through lush forests until reaching Ghodatabela, which means "horse stable" in Nepali. From there, the trail opens to wider views of Langtang Lirung and surrounding peaks. After crossing the site of the old Langtang Village (destroyed in the 2015 earthquake), you reach Mundu. Overnight in Mundu.

### **Day 5:**

A short and relatively easy hike brings you to the heart of the Langtang Valley: Kyanjing Gumpa. The afternoon is free for exploring the village, visiting the local cheese factory, or hiking to nearby viewpoints like Langshisa Kharka. Overnight at Kyanjing Gumpa.

### **Day 6:**

This is an acclimatization and exploration day. You may choose to hike up to Tsergo Ri, a challenging climb that rewards you with 360-degree views of snow-capped peaks, glaciers, and alpine lakes. The effort is strenuous but incredibly rewarding. Overnight at Kyanjing Gumpa.

### **Day 7:**

Retrace your steps down the Langtang Valley, passing through familiar landscapes, forests, and rivers. The descent is easier but long, bringing you back to the peaceful Lama Hotel for the night. Overnight at Lama Hotel.

### **Day 8:**

Today, you begin the trek toward the Gosaikunda region. You'll descend first to Pahiro before climbing again toward Thulo Syabru, a beautifully situated Tamang village with views over the surrounding valleys. Overnight in Thulo Syabru.

**Day 9:**

The trail climbs steadily uphill to Chandanbari, popularly known as Sing Gompa. The village is known for its ancient monastery and one of the oldest cheese factories in the region. Overnight in Sing Gompa.

**Day 10:**

Continue your ascent through pine forests to reach Laurebina, which serves as a base for the final approach to Gosaikunda. Along the way, you'll pass Cholangpati, a small stopover village with tea houses and mountain views. Overnight in Laurebina.

**Day 11:**

A challenging but short uphill trek takes you to the sacred alpine lake of Gosaikunda. Despite the relatively short distance, the climb and thin air can make this stretch demanding. The lake is revered by Hindus and Buddhists alike. Overnight in Gosaikunda.

**Day 12:**

Begin your descent from Gosaikunda after enjoying a beautiful sunrise over the lake. You'll pass back through Laurebina, Cholangpati, and Chandanbari before reaching Deurali, a small settlement surrounded by pine forests. Overnight in Deurali.

**Day 13:**

Today's trek is mostly downhill. After passing through a Shiva temple and crossing the river, you reach the district headquarters of Rasuwa—Dhunche Bazaar. Overnight in Dhunche.

**Day 14:**

After breakfast, begin your return drive to Kathmandu. Enjoy the last glimpses of the mountains and hill landscapes during the scenic journey. Upon arrival, check in to your hotel and spend the rest of the day at leisure. Overnight in Kathmandu.

**Day 15:**

After breakfast, a representative will assist you with check-out and transfer you to Tribhuvan International Airport for your onward journey, marking the end of your Langtang Valley and Gosaikunda Lake adventure.

# Route Map

## 15 Days LANGTANG VALLEY & GOSAIKUNDA LAKE TREK



### ALTITUDE CHART

