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Langtang Gosainkunda Trek



Tour Overview

The Langtang trek offers a rich experience of Tibetan and Sherpa culture, stunning mountain views, and encounters with yaks and wildlife in a national park. Highlights include the sacred Gosainkunda Lake and breathtaking vistas of the Langtang Himal. It's one of Nepal's most popular trekking trails, with the highest points being Tsergo Ri at 4,984 meters, Lauribina La at 4,610 meters, and Gosainkunda Lake at 4,300 meters. Asian Expedition Pvt offers this beautiful nature trip in any season with a customized program according to guest interest.

Detailed Itinerary

Day 1: Arrive in Kathmandu, Transfer to the Hotel

Arrival in Kathmandu(1340m), the capital of Himalaya Nepal then transfer to Hotel. A short briefing on the trekking program

Day 2: Kathmandu Valley Sightseeing Tours

The Sightseeing tour mainly goes to the world heritage sights and monuments places at Boudhanath Stupa, Pashupatinath Temple, and Swayambhunath stupa. Overnight at Hotel.[Breakfast]

Day 3: Drive Kathmandu to Sybrubensi (1467m)

Drive about 8 hrs by Bus. Overnight at Hotel. We stop for the lunch break from time to time. You will see the Trisuli River, Hydropower station, farm fields and typical sherpa houses. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 4: Sybrubensi to Lama Hotel (2380 m)

Follow the Langtang khola until you get the Lama hotel. Walk through forest and ascend for about 1hr. to reach Pairo Tea shop . Gradually ascend through Bamboo & Old Oak Trees up to Bombu Village (1850 m.).Then steeply walk 2hrs to reach Lama Hotel and overnight. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 5: Lama Hotel to Langtang (34300 m)

Trek forward through Rhododendron and Pine forest for about 3 hrs. and reach GhodaTabela then walk for another two hours and reach Langtang (biggest village of the area) inhabited by Buddhist Tamangs and Tibetans. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 6 : Langtang to Kyanging Gompa (3870 m)

Trek for 3 hrs. through the trail and reaches Kyanging Gompa where you can see local cheese factory and beautiful mountains from Yala peak, excursion spot. Dorja Himal, Langtang Ri , & Langtang Lirung can be seen very close to you. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 7: Activities in around Kyangin Gompa- Explore Teso-Ri (4984m)

Explore Teso-Ri (4984m) peak and day hike around this valley. Go to A famous cheese Factory which was started by the help of Swiss Association for technical assistance in 1995. Langtang Glacier may surely attract if you can walk up on the north of Gompa. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 8: Trek Kyanging Gompa to Lama Hotel

Back same way down to Lama Hotel. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 9: Trek Lama Hotel to Shyabru Village

Trek back by same until Pairo Shop. Then you have to walk up 2hrs to the Kharaka shop and next Tibetan and Lamas tradition village welcome you. The African millet and Buckwheat & potato are main productions. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 10: Shyabru Village to Sing Gompa (3254 m)

Trek upwards through the forest of Fir and Rhododendron. The only of human habitations are the shepherd's occasional huts.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 11: Sing Gompa to GosainKund Lake (4300 m)

A steep rugged trail but adequately compensated by dramatic views of Himal Chuli, Manaslu, Ganesh Himal and possibly Annapurna Range in the west; the beautiful valley of Langtang Lirung in the north. Passing a few huts in the high pasture of Lauribina and crossing a small ridge, have the first look of about a dozen holy lakes; Saraswotikund, Bhairavkund and Gosaikund are the main holy lakes among them. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 12: Trek GosainKund Lake to Ghopte (3566 m) 7hrs

Continue the trek over rugged trails and pass several smaller lakes then descend along a ridge to the tree line. Continue to descend to reach Ghopte through Juniper, Rhododendron forests, beautiful watarfalls and rest overnight at Ghopte. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 13: Ghopte to Malemchigaon (2560m)

Walk up to Tharepati Danda on a windy ridge at 3460 m from where you can view the hilly terrain. Then descend to a stream & traverse to a Chorten & a pasture, the first sign of Civilization since Tharepati. After a gentle decent through a forest of huge, gnarled rhododendrons, the trails makes a steep, rough decent to the Upper reaches of the Chhyadi Khola.Cross this Khola on a suspension bridge, then makes a short final Climb to reach the prosperous Sherpa Village of Malemchigaon & overnight here. This is a large village with extensive fields of Barley, corn and potatoes. A famous Gompa is brightly painted walls and statues of Guru Rinpoche & his consorts as well as Sakyamuni and Chenrising. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 14: Walk to Timbu then drive to Kathmandu

Walk 2/3 hrs down to Timbu (1580m) where you can get Bus to drive Kathmandu. Drive to Kathmandu by local bus with experience of Nepali people and along this highway you can enjoy to see the green fields and different landscape, some kilometer off beaten track then you soon get the fine road to head the Kathmandu valley. Overnight in Kathmandu Hotel.Your Trekking ends.[Breakfast, Lunch]

Day 15: Rest day/ Shopping day

Rest day/ last shopping day in Kathmandu. Overnight at Hotel.[Breakfast]

Day 16: Fly Back to your home destination

Day 16: Fly back to your home country or you can extend the tour ! May you interest in going

to Chitwan National park for wildlife safari for 2-4 nights.Or an adventure activities like River Rafting, Paragliding,Bungyjumping. [Breakfast]

Pricing Information

Price Details

Full Package cost for Langtang Gosainkunda Trekking

Group Size: minimum 2 People

Per Person : Euro 1150 Equivalent to Dollar

5 Above person group

Per Person: Euro 1040 Equivalent to Dollar

Price Includes

1. 4 night's hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit ,TIMS ,
4. Meals: 14x Breakfast, 12 x Lunch, 12 x dinner during the trek . Tea/coffee Share basis.
5. One experience trekking guide 1 porter for 2 trekker (each member 13KG)
6. Langtang National park permit Fee
7. Life, Medical Insurance for Guide & Porter
8. All accommodation during the trek best available hotel/guesthouses
9. Our service charge

Price Excludes

1. Personal equipment for trekking
2. Personal Insurance for travel to Nepal
3. Lunch & dinner in Kathmandu
3. Emergency Rescue evacuation during the trek incase needed
4. Personal expenses
5. Tipping (Tips) for guide & porter
6. Bar bills, Beverage and mineral water,cold drinks/juice during the trek.
7. The cost not mentioned in cost includes