

Langtang Gosainkunda Trek - 14 Days

Quick Facts

Duration:	14
Max Altitude:	4773
Best Season:	Sept - Nov & March - May
Group Size:	15
Accommodation:	4 Star hotel and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Moderate

Trip Overview

The Langtang Gosainkunda Trek 14 days is one of Nepal's most rewarding Himalayan journeys, combining rich culture, dramatic landscapes, and sacred alpine lakes in a single adventure. Starting from Kathmandu, this trek takes you deep into the Langtang Valley, often called the "valley of glaciers," before crossing high mountain passes to reach the holy Gosainkunda Lake. Along the way, you walk through dense forests of rhododendron and bamboo, pass traditional Tamang villages, and witness breathtaking views of snow-capped peaks.

What makes this trek truly special is its diversity. In just two weeks, you experience remote mountain life, glacial valleys, and spiritual pilgrimage routes. The trail is less crowded compared to Everest or Annapurna, giving you a more peaceful and authentic trekking experience. Whether you're a first-time trekker or a seasoned hiker, this route offers the perfect balance of challenge and beauty.

The Langtang Gosainkunda Trek itinerary over 14 days is carefully designed to give you the best experience while keeping your safety in mind. From my experience on this route, pacing matters more than speed. You begin with a scenic drive from Kathmandu to Syabrubesi, which sets the tone for the journey ahead.

As you start trekking, the trail gradually climbs through dense forests and riverside paths toward Lama Hotel. The next few days take you deeper into the Langtang Valley, where you pass traditional villages and reach Kyanjin Gumpa. This is one of the most memorable parts of the trek, as you explore glaciers, hike to viewpoints like Kyanjin Ri, and truly feel the Himalayan atmosphere.

After acclimatizing, the route shifts toward the sacred Gosainkunda Lakes. You ascend through Thulo Syabru and Sing Gumpa before reaching Gosainkunda. Crossing Lauribina Pass is the most challenging yet rewarding section, offering dramatic mountain views. Finally, you descend through Helambu, ending your journey at Sundarimal before returning



to Kathmandu.

This itinerary balances adventure, acclimatization, and cultural immersion, making it ideal for both beginners and experienced trekkers.

Langtang Gosainkunda Trek Map

When you look at the Langtang Gosainkunda trek map, you will notice a loop-style route that connects three distinct regions Langtang Valley, Gosainkunda, and Helambu. This makes the trek far more engaging compared to routes where you retrace the same path.

You start from Syabrubesi and follow the Langtang River upstream toward Kyanjin Gumpa. From there, instead of turning back, the trail diverts toward Thulo Syabru and gradually climbs to Gosainkunda. After crossing Lauribina Pass, the landscape changes again as you enter the quieter Helambu region.

This changing terrain keeps the journey exciting every day. You experience forests, high alpine ridges, glacial valleys, and sacred lakes all within a single trek. That's what makes the route so unique and rewarding.

Langtang Gosainkunda Trek Cost

The Langtang Gosainkunda trek cost is one of the reasons this trek is gaining popularity. Compared to [Everest trekking](#) or [Annapurna trekking](#), it offers incredible value without compromising the experience.

From what I've seen, most trekkers spend between \$700 to \$1,000 for a standard 14-day package. This usually includes permits, transportation, accommodation, meals, and guide services. If you prefer a more budget-friendly option, you can complete the trek for around \$500-\$700 by trekking independently.

However, I always recommend going with a guide, especially for this route. The trail after Gosainkunda can be less straightforward, and having a local expert improves both safety and experience. You also support the local economy, which aligns with responsible tourism.

Kathmandu to Langtang Distance

Understanding the distance and duration helps you plan better and set realistic expectations. The drive from Kathmandu to Syabrubesi covers about 122 km and usually takes 7 to 8 hours, depending on road conditions.

Once the trek begins, you will walk approximately 120 to 140 km in total. The daily walking hours typically range from 5 to 7 hours, depending on the terrain and altitude.

How Long is the Langtang Trek?

In terms of duration, the Langtang Gosainkunda trek usually takes between 12 and 16 days. Based on experience, 14 days is the perfect balance. It allows enough time for acclimatization, exploration, and enjoying the journey without feeling rushed.

This steady pace not only improves safety but also makes the trek more enjoyable.

Why Should You Do the Langtang Gosainkunda Trek?



If you're looking for a trek that feels authentic, diverse, and less crowded, this route stands out. I've personally found that Langtang offers a deeper connection to both nature and local culture compared to more commercial trekking regions.

You walk through peaceful forests, explore glacial valleys, and stand beside the sacred Gosainkunda Lake, which holds deep spiritual significance. The combination of natural beauty and cultural richness creates a truly meaningful experience.

Another reason to choose this trek is its accessibility. You don't need flights, and the trail starts with a simple drive from Kathmandu. Despite being close to the capital, it feels remote and untouched.

This trek is not just about reaching a destination, it's about experiencing the journey in its purest form.

Why Should You Choose Us?

Choosing the right trekking company can completely shape your experience, and this is where we at Summit 8000 make a real difference. We design our itineraries based on first-hand trekking experience, not just standard templates.

We focus on safety by including proper acclimatization, experienced guides, and reliable support throughout the journey. [Our team](#) understands the terrain, weather patterns, and local culture, which allows us to provide a smoother and more enjoyable experience.

We also believe in keeping things personal. Instead of rushing groups, we adapt the pace based on your comfort and fitness level. This approach not only improves safety but also enhances your overall trekking experience.

We follow responsible tourism practices. We support local communities, minimize environmental impact, and ensure that your journey contributes positively to the region.

When you trek with us, you're not just booking a package you're choosing a well-guided, safe, and meaningful Himalayan experience.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Namaste and welcome to Kathmandu. You arrive at Tribhuvan International Airport and transfer to your 4 star hotel. After settling in, you can explore the nearby streets of Thamel, check your gear, and meet your guide for a short trek briefing. This is a relaxed day to prepare for the adventure ahead.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Drive from Kathmandu to Syabrubesi

You begin your journey with a scenic drive out of Kathmandu Valley. The road follows rivers, terraced fields, and hills, offering glimpses of rural Nepal. As you approach Syabrubesi, the landscape becomes more rugged, signaling the start of your Himalayan adventure.

Accommodation: 1550

Meals: B, L, & D



Day 3: Trek to Lama Hotel

You start trekking along the Langtang River, crossing suspension bridges and walking through lush forests of bamboo and rhododendron. The trail gradually ascends, and if you're lucky, you might spot wildlife like langurs or red pandas.

Accommodation: 2380

Meals: B, L, & D

Day 4: Trek to Langtang Village

Today, the valley opens up as you climb higher. You pass small settlements and yak pastures before reaching Langtang Village. This area was rebuilt after the 2015 earthquake, and visiting here gives you a deeper connection to the resilience of local communities.

Accommodation: 3430

Meals: B, L, & D

Day 5: Trek to Kyanjin Gompa

The trail becomes more scenic as you move into alpine terrain. You walk past prayer wheels, mani walls, and mountain views before reaching Kyanjin Gompa. After lunch, you can explore the monastery or visit the local cheese factory.

Accommodation: 3870

Meals: B, L, & D

Day 6: Acclimatization Day - Explore Kyanjin Ri / Tserko Ri

You spend the day acclimatizing while exploring nearby viewpoints. A hike to Kyanjin Ri or Tserko Ri rewards you with panoramic views of Langtang Lirung and the surrounding peaks. This day helps your body adjust to altitude while offering some of the best views of the trek.

Accommodation: 4985

Meals: B, L, & D

Day 7: Trek back to Lama Hotel

You retrace your steps down the valley, enjoying a different perspective of the landscape. Descending helps your body recover as you prepare for the next phase toward Gosainkunda.

Accommodation: 2470

Meals: B, L, & D

Day 8: Trek to Thulo Syabru

You leave the main Langtang trail and head toward Thulo Syabru. The route involves a mix of descents and climbs through forests and traditional villages. This section introduces you to the Tamang culture and lifestyle.

Accommodation: 2230

Meals: B, L, & D



Day 9: Trek to Sing Gompa

You climb steadily through dense forests and reach Sing Gompa, a peaceful settlement known for its monastery and yak cheese production. The mountain views begin to open up again as you gain altitude.

Accommodation: 3330

Meals: B, L, & D

Day 10: Trek to Gosainkunda Lake

This is one of the most spiritual days of the trek. You ascend above the tree line and reach the sacred Gosainkunda Lake. Surrounded by mountains, the lake holds deep religious significance for both Hindus and Buddhists.

Accommodation: 4380

Meals: B, L, & D

Day 11: Cross Lauribina Pass and trek down to Ghopte

This is the most challenging day of the trek. You cross Lauribina Pass early in the morning to avoid strong winds. The views from the top are breathtaking. After crossing, you descend toward Ghopte through rugged terrain.

Accommodation: 4610

Meals: B, L, & D

Day 12: Trek to Kutumsang

You continue descending through forests and traditional villages. The trail becomes quieter as you enter the Helambu region, offering a peaceful trekking experience.

Accommodation: 2470

Meals: B, L, & D

Day 13: Trek to Sundarijal & Drive to Kathmandu

You complete your trek by walking to Sundarijal, located on the outskirts of Kathmandu. From here, you drive back to the city and enjoy a well-deserved rest.

Accommodation: 1400

Meals: B, L, & D

Day 14: Final Departure

Your journey comes to an end. Depending on your flight schedule, you transfer to the airport or extend your stay in Nepal.

Accommodation: 1400

Meals:



Gears Lists

Head & Sun Protection

- Sun hat or cap (wide brim preferred)
- Warm beanie or wool hat
- Buff / neck gaiter (multi-use: dust, sun, cold)
- UV-protection sunglasses (Category 3 or 4)
- Headlamp (with extra batteries)

Upper Body Layers

- Moisture-wicking t-shirts (2-3)
- Thermal base layer (top)
- Fleece or insulated mid-layer
- Down jacket (essential for high altitude nights)
- Waterproof & windproof shell jacket

Lower Body Layers

- Trekking pants (2 pairs)
- Thermal base layer (bottom)
- Waterproof trekking pants (shell)
- Comfortable shorts (optional, for lower altitude)

Footwear & Accessories

- Sturdy trekking boots (well broken-in)
- Lightweight camp shoes / sandals
- Wool or synthetic trekking socks (4-5 pairs)
- Liner socks (optional, for blister prevention)
- Gaiters (useful in snow or dusty trails)

Hand & Cold Protection

- Warm gloves (insulated)
- Inner gloves (lightweight liners)

Bags & Storage



- Main duffel bag (for porters, if applicable)
- Daypack (25–35L for daily essentials)
- Rain cover for backpack
- Dry bags / zip-lock bags (for electronics & clothes)

Sleeping Gear

- Sleeping bag (rated -10°C to -15°C)
- Sleeping bag liner (for hygiene and warmth)

Hydration & Nutrition

- Reusable water bottles (2 liters total)
- Hydration bladder (optional)
- Water purification tablets or filter
- Energy snacks (nuts, protein bars, chocolates)

Personal & Toiletries

- Toothbrush & toothpaste
- Wet wipes / tissue paper
- Hand sanitizer
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Small quick-dry towel

Personal & Medical Kit

- Personal medications
- First aid kit (band-aids, antiseptic, blister care)
- Pain relievers (paracetamol/ibuprofen)
- Diamox (for altitude sickness – consult a doctor)
- Electrolyte powder

Travel Documents

- Passport (with copies)
- Nepal visa
- Travel insurance (covers trekking up to 5,000m)
- TIMS card & Langtang National Park permit
- Cash (Nepali rupees – no ATMs on the trail)



Electronics & Extras

- Power bank
- Charging cables
- Camera / smartphone
- Universal adapter
- Notebook & pen (optional)

Miscellaneous Essentials

- Trekking poles (highly recommended for descents)
- Lightweight rain poncho
- Snacks for long trekking days
- Earplugs (for teahouse stays)
- Lightweight book or cards

Cost Includes

- 1.** Airport pickup and drop-off
- 2.** Kathmandu hotel (2-3 nights with breakfast)
- 3.** Transportation (Kathmandu-Syabrubesi-Kathmandu)
- 4.** Langtang National Park Permit & TIMS Card
- 5.** Teahouse accommodation during the trek
- 6.** Three meals a day (breakfast, lunch, dinner)
- 7.** Experienced, licensed trekking guide
- 8.** Porter service
- 9.** First aid kit and basic medical support
- 10.** All government taxes and service charges

Cost Excludes

- 1.** International flights
- 2.** Nepal visa fees
- 3.** Travel insurance (mandatory)
- 4.** Tips for guide and porter
- 5.** Personal trekking gear

