

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

Langtang Valley and Gosainkunda Trek Overview

Up the Langtang valley to the glaciers at Kyanjin Gompa, 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 Gompa 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.

Key highlights of the Langtang Valley and Gosainkunda Trek

- Kyanjin Gompa at 3,870 m, below the Langtang Lirung glaciers
- Tserko Ri at 4,984 m, or Kyanjin Ri depending on conditions on the day
- The sacred lakes at Gosainkunda, 4,380 m
- The rebuilt Langtang village and the memorial below it
- A rhododendron gorge, yak pastures and alpine lakes in one trek

- No mountain flights. Seven hours by road each way

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 Gompa	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 Gompa 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 Gompa	6 hrs	9 km	3,330 m
10	Sing Gompa to Gosainkunda	5 hrs	9 km	4,380 m
11	Lakes in the morning, down to Sing Gompa	5–6 hrs	11 km	3,330 m
12	Sing Gompa 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)

Permits and other costs

Permit	Fee	Issued by
Langtang National Park entry permit. SAARC nationals pay NPR 1,500 and Nepali citizens NPR 100. Children under ten go free. Valid for one month from issue, and it carries your passport number.	NPR 3,000, about $22	DNPWC, at the Nepal Tourism Board counter in Kathmandu or at the Dhunche checkpost
TIMS card. SAARC nationals pay NPR 1,000. The independent green card was withdrawn in 2023, so trekkers can no longer buy one themselves. We arrange yours.	NPR 2,000, about $15	Nepal Tourism Board and TAAN, through a registered agency only
Licensed guide. Compulsory for foreign trekkers in Nepal's national parks since 1 April 2023, and the only way to obtain a TIMS card. It is checked at the Dhunche post on the way in and on the way out.	Inside the trek price	Not applicable
Shivapuri Nagarjun National Park permit. NPR 1,000 for anyone finishing at Sundarijal, as the circuit version of this trek does. This trek returns to Dhunche, so you do not enter that park or pay the fee.	Not required	Not applicable

Other cost	Amount	Note
Jeep or bus, Kathmandu to Syabrubesi	$60–150	Private jeep at the higher price, tourist bus at the lower price, each way
Langtang National Park entry permit	$22	NPR 3,000. SAARC nationals NPR 1,500
TIMS card	$15	NPR 2,000, issued only through a registered agency
Teahouse bed	$4–12 a night	Most expensive at Gosainkunda, cheapest in the gorge
Food on the trail	$20–28 a day	Three meals and tea, costing more above Sing Gompa
Licensed guide	$30–40 a day	Plus their accommodation and meals. Compulsory on this trek
Porter, one per two trekkers	$20–26 a day	Plus their accommodation and meals
Kathmandu hotel	$40–70 a night	Three-star, two nights on this itinerary
Travel insurance to 5,000 m	$90–160	Must include helicopter rescue
Hot shower, charging, wifi	$2–6 each, each time	Not included, paid in cash

Tips, guide and porter	$130–220	Per trekker, given on the last evening

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

Altitude profile

Day	Place	Sleep at	Highest point
1	Kathmandu	1,400 m	-
2	Syabrubesi	1,460 m	-
3	Lama Hotel	2,470 m	-
4	Langtang village	3,430 m	-
5	Kyanjin Gompa	3,870 m	-
6	Kyanjin Gompa	3,870 m	4,984 m
7	Lama Hotel	2,470 m	-
8	Thulo Syabru	2,250 m	-
9	Sing Gompa	3,330 m	-
10	Gosainkunda	4,380 m	-
11	Sing Gompa	3,330 m	4,610 m
12	Dhunche	1,960 m	-
13	Kathmandu	1,400 m	-

Road access

There is no airstrip and no scheduled helicopter service. The only access is one mountain highway, which river floods have repeatedly damaged since 2025.

No flights required

No part of this itinerary can be cancelled because of cloud. The Everest treks depend on a nineteen-seat aircraft landing on a sloping airstrip at Lukla, whereas this trek starts with a jeep journey. If you have fourteen days and cannot risk losing three of them waiting for the weather, this is the main reason to choose this region.

The drive

Kathmandu to Syabrubesi is about 120 km and takes seven hours. The first seventy or so kilometres to Trishuli Bazaar are sealed and quick. After that the road climbs into the hills, alternating between tarmac and dirt, and there is a rough, slippery section a few kilometres before Dhunche that four-wheel-drive vehicles manage and two-wheel-drive vehicles find difficult. It is a scenic drive, but a long one.

Recent flood damage

In July 2025 a glacial lake burst in Tibet and sent a flood down the Bhote Koshi through Rasuwagadhi, destroying the Nepal-China bridge and around a kilometre of road north of Syabrubesi. In August 2026 another flood damaged Syabrubesi and the hydropower works below it. Repairs, single-lane detours and occasional changes of vehicle are now a normal part of this route. We check the road before every departure and will tell you if we are starting at Dhunche instead.

Emergency evacuation

From Kyanjin you are two days' walk from the road at Syabrubesi. From Gosainkunda you are a day and a half from Dhunche. Helicopters can land at Kyanjin Gompa, Langtang village and in the Gosainkunda basin, and reach Kathmandu in well under an hour, making this one of the quickest regions in Nepal for an evacuation.

Accommodation

Teahouse accommodation

Every night on the trail is spent in a teahouse: a family-run lodge with one warm dining room heated by a single stove, and simple twin rooms with foam mattresses and thin walls. Bring a sleeping bag. Syabrubesi and Dhunche, at either end, have private bathrooms with hot water. In between, bathrooms are mostly shared, and hot showers and charging are paid for separately.

Along the route

Lama Hotel is a group of lodges in the forest. The lodges in Langtang village were rebuilt after the 2015 earthquake. Kyanjin Gompa, where you spend two nights, has the best lodges in the valley. On the second half, the lodge at Sing Gompa is by the cheese factory, and Gosainkunda is a stone lodge at the lake: the most basic night, cold, sometimes a dormitory, with no shower.

Where	Nights	Type	Room	Bathroom
Kathmandu	2	Three-star hotel	Twin or double	Private, hot water
Syabrubesi	1	Teahouse	Twin	Private, hot water

Lama Hotel	2	Teahouse in the forest	Twin	Shared
Langtang village	1	Teahouse, rebuilt since 2016	Twin	Shared, hot shower for a fee
Kyanjin Gompa	2	Teahouse, the best on the route	Twin	Shared, hot shower for a fee
Thulo Syabru	1	Teahouse on the ridge	Twin	Shared
Sing Gompa	2	Teahouse by the cheese factory	Twin	Shared, hot shower for a fee
Gosainkunda	1	Stone lodge at the lake, the most basic on the route	Twin, sometimes a dormitory	Shared, no shower
Dhunche	1	Teahouse	Twin	Private, hot water

Heating
One stove in the dining room, lit at dusk. No heating in any bedroom at any altitude.

Hot shower
$2 to $5 up to Kyanjin and at Sing Gompa. There is no shower at Gosainkunda, where you can wash with a bowl of water.

Charging
$2 to $4 per device. Micro-hydro power in the Langtang valley and solar power on the Gosainkunda ridge, which is slower and rationed.

Wifi
Free or a few dollars as far as Kyanjin and at Thulo Syabru. Unreliable at Sing Gompa and effectively unavailable at the lakes.

Phone signal
Ncell and NTC cover the Langtang valley well and the Gosainkunda ridge in places. Buy a SIM card in Kathmandu.

Water
Boiled water $1 to $3 a litre. A safe drinking water station at Thulo Syabru. Bring a filter or tablets for everywhere else.

Sleeping bag
Provided, rated to -10°C. It is lent to you for the trek and returned at the end.

Bedding
A mattress, a pillow and a blanket. Use the sleeping bag in addition to these, not instead of them.

Meals

Meal	Time	What it is like
Breakfast	7:00–7:30	Porridge, Tibetan bread, eggs, chapati, pancakes, tea or coffee
Lunch	12:00–13:00	Dal bhat, fried rice, thukpa, momo, potatoes with local cheese
Dinner	18:30–19:30	Dal bhat, pasta, noodle soup, curry and rice, soup to start
Tea	on arrival	Black, milk, lemon, ginger or masala. Included at every stop.

Diet	How we manage it

Vegetarian	Easy to arrange everywhere. Dal bhat is vegetarian and is the best value on any menu in the region.
Vegan	Possible with advance notice, although dairy is used widely here and there is a cheese factory at each end of the trek. Please tell us when you book.
Gluten free	Rice, dal, potatoes and eggs are safe. Bread, noodles and momo are not, and teahouse kitchens cannot rule out cross-contamination.
Halal	There is no certified halal kitchen on this route. We recommend a vegetarian diet for the two weeks.
Meat	Meat is on the menu, but we recommend avoiding it above Lama Hotel. It is carried up without refrigeration and the lodges have no freezers.

A typical day

Time	What happens
6:00	Tea brought to your room and a bowl of warm water to wash in
6:30	Pack and leave your duffel outside the door for the porter
7:00	Breakfast together in the dining room
8:00	On the trail, at a slower pace than you might choose yourself
12:00	Lunch at a lodge on the route, about an hour
13:00	Two to four more hours of walking, depending on the day
15:30	Arrive, have tea, choose a bed, wash and rest if needed
17:00	Oxygen saturation and pulse measured and recorded, above 3,300 m
18:30	Dinner, and the guide briefs you on the next day
20:30	Bed. Most trekkers are asleep by nine o'clock at 4,000 m

Difficulty and preparation

Difficulty 3 of 5

Moderate, at the upper end of the grade: ten walking days and two separate climbs.

- Ten days on the trail, mostly five to seven hours, with one day of about eight.
- Two large ascents in a single day: 960 m to Langtang village and 1,080 m to Sing Gompa.
- One very long descent of nearly 1,400 m from Sing Gompa to Dhunche, which is hard on the knees.
- You sleep at 4,380 m, and most people climb to 4,984 m on Tserko Ri. Neither is technical.
- No pass to cross, no ropes, no crampons, and a road at both ends in case of problems.
- Many people find the two seven-hour drives more tiring than any walking day.

Getting ready

12 weeks before: Build endurance
Do three cardio sessions a week of 45 minutes, at a pace where you could still hold a conversation. Walking, cycling, rowing or swimming are all suitable. If you do only one thing on this list, do this.

10 weeks before: Add hill walking
Replace one session with a one-hour hill walk with 300 m of ascent. Add a strength session: squats, step-ups, lunges and calf raises. On this trek your quadriceps work harder on the descents than on the climbs, especially on day 12.

8 weeks before: Break in your boots
Start walking in the boots and with the daypack you will bring, loaded to about 6 kg. Blisters end more treks than altitude does, and they are avoidable if you start early enough.

6 weeks before: Walk on consecutive days
Walk for four to five hours on the Saturday, then two to three hours on the Sunday on tired legs. This trek involves ten consecutive days of walking, and back-to-back days are the best way to prepare for it.

4 weeks before: Your longest day
Walk for six to seven hours with 900 m of ascent and the same descent. If you finish able to eat a proper meal and sleep normally, you are ready for everything on this route.

2 weeks before: Reduce training
Halve the amount of training but keep the frequency. Training in the last two weeks will not make you fitter and can cause injury. Focus on sleep, food and preparing your equipment.

Acclimatisation plan

This section explains how the itinerary helps you acclimatise, including the part that looks unusual on paper.

You sleep at 3,870 m at Kyanjin Gompa and at 4,380 m at Gosainkunda, and those two nights are five days and a 2,130 m descent apart. This gap is the key feature of the itinerary. The Langtang section acclimatises you in the usual way, over four nights, with a climb to nearly 5,000 m on day 6. You then spend two nights lower down, at 2,470 m and 2,250 m, which is long enough to lose some of that acclimatisation but not all of it. You then climb 2,130 m in two days to the lakes. On a standalone trek, that second climb would be too fast. It works here because you are already partly acclimatised and you sleep only one night above 4,000 m. It is still the part of the trek where people are most likely to have problems, and the night at Gosainkunda needs the closest attention.

What to watch for

- A headache that does not improve with water and paracetamol
- Loss of appetite at dinner after six hours of walking
- Nausea, or feeling drunk without having had any alcohol
- Breathlessness at rest, not only when climbing
- Waking repeatedly in the night at Gosainkunda, short of breath
- A dry cough that gets worse over a day
- Loss of balance or coordination, which means you must descend immediately

How to prevent it

- Walk slowly on day 4 to Langtang village. It gains 960 m and it is where people first feel the altitude.
- Do not climb Tserko Ri after a bad night. Kyanjin Ri is 200 m lower and takes half the time.
- Treat Sing Gompa as a checkpoint. If you feel unwell there, the lakes can wait a day.
- Drink three litres of water a day, even though you will not feel thirsty enough to do so.
- No alcohol above Lama Hotel and no sleeping pills at any altitude on this trek.
- Diamox is effective. Discuss it with your doctor before you travel.

What we do

1. Daily health checks
Your guide carries a pulse oximeter and records your oxygen saturation and pulse every evening from Langtang village onward, and again from Sing Gompa. The readings are written down, so any decline over three days is clear from the record.

2. Mild symptoms
If symptoms are mild, you spend a second night at the same place or take an easy day. At Kyanjin this means missing a hill climb and nothing more. At Sing Gompa it adds a day to the itinerary, and we would much rather spend that day there than at 4,380 m.

3. Serious symptoms
Descent is the only treatment that reliably works. From Gosainkunda, Sing Gompa is 1,050 m lower and four hours away on a good trail. From Kyanjin, Langtang village is 440 m lower and Lama Hotel 1,400 m lower.

4. Helicopter evacuation
Helicopters can land at Kyanjin Gompa, Langtang village and in the Gosainkunda basin, and reach Kathmandu in under an hour. This is what your insurance is for: an evacuation costs $2,500 to $4,000, and no helicopter will fly without a guarantee of payment.

5. Medical facilities
Unlike the Everest region, this region has no Himalayan Rescue Association post. There is a health post at Kyanjin that is not always staffed, and a district hospital at Dhunche at the end of the trek. In between, you rely on your guide's training and the daily readings.

Weather by month

The Langtang section has a longer season than the Gosainkunda section. The table below rates each month by whichever section is the limiting factor.

Month	Day at Kyanjin Gompa	Night at Kyanjin Gompa	Night at Gosainkunda	Conditions	Note
January	4°C	−9°C	−13°C	Hard	Clear, still and very cold. The lakes are frozen, and old snow on the ridge above Cholangpati makes the Gosainkunda section considerably more difficult.
February	6°C	−7°C	−11°C	Hard	The clearest air of the year in the valley, but snow is likely above Sing Gompa. We carry microspikes and keep the plan flexible.

March	10°C	-4°C	-8°C	Good	The snow line rises during the month and the rhododendrons begin to flower in the gorge. The lakes are usually accessible without difficulty from the middle of March.
April	14°C	-1°C	-5°C	Best	The best of the spring season. The forest below Lama Hotel is in flower, the ground on the Gosainkunda ridge is firm, and mornings are long and clear in both sections.
May	16°C	2°C	-2°C	Good	Warm, with increasing haze. Cloud fills the Langtang valley by 2 pm, so the hills above Kyanjin require a very early start.
June	17°C	5°C	1°C	Hard	The monsoon arrives. Expect leeches in the gorge and mud on the ridge, and the road north of Trishuli Bazaar begins to deteriorate.
July	17°C	7°C	3°C	We do not run it	We do not run this trek in this month. The road conditions are a bigger problem than the rain, and cloud usually hides the views.
August	17°C	7°C	3°C	We do not run it	We do not run this trek in this month. It is the busiest time of year at the lakes, when thousands of pilgrims climb the ridge for Janai Purnima.
September	16°C	4°C	0°C	Good	Skies clear from around the middle of the month. The landscape is green and quiet, while road crews are still repairing monsoon damage.
October	13°C	0°C	-4°C	Best	The most reliable month for both sections of the trek, and the most popular. Book several months ahead rather than a few weeks.
November	9°C	-5°C	-9°C	Best	Cold nights, fewer trekkers in the lodges after the first week, and the clearest views of the year from Tserko Ri.
December	6°C	-8°C	-12°C	Hard	Pleasant in the Langtang valley but demanding at the lakes. Expect ice on the trail above Lauribina, and several of the high lodges are closed.

Long-run averages built from Nepal DHM records for Dhunche and the Langtang valley and adjusted for height. Any given week can sit ten degrees either side, and the lake basin is colder at night than its altitude alone suggests.

Guides and porters

Your guide

A government-licensed guide with wilderness first aid training leads every departure, and there is one porter for every two trekkers. A second guide joins groups of eleven or more, so that nobody is left alone at the back of a long line. Most of our Langtang guides are Tamang people from Rasuwa, so the villages you walk through are their home villages.

Porters and luggage

Each porter carries a maximum of twenty kilos, which is your duffel and one other trekker's. This is below the 25 kg limit set by the trekking association, and well below the loads carried by some other porters on this trail. If a bag is overweight, the load is split rather than stacked. Your water, camera, jacket and the day's food stay in your own daypack.

Staff pay and insurance

Wages, insurance, food and accommodation for every guide and porter are included in the price on this page, not collected separately during the trek. All staff are insured for altitude and helicopter evacuation on the same terms we ask of you. Including these costs in the package price is the most reliable way to make sure staff are treated fairly.

Tipping

Tipping is customary but not compulsory, and it never replaces wages. For two weeks on this trek, $130 to $220 per trekker covers the whole team. Please give it together on the last evening at Dhunche rather than daily. Your guide will not raise the subject and would prefer that you do not tip in front of the group.

Responsible travel

Drinking water

A trekker who drinks bottled water uses around forty plastic bottles in two weeks. Every one has to be carried up the road, and most are never carried back down. Boiled water costs one or two dollars a litre in every lodge on this route. If you also bring a filter or purification tablets, you will not need to buy any bottles, which is what we encourage.

Supporting local communities

Langtang rebuilt itself after 2015 largely with trekking income, and with much less government support than the scale of the disaster required. We stay in locally owned lodges rather than the few owned by outside investors, buy food where we sleep, and hire staff from Rasuwa. This is not charity, but the fair place for the money to go, and you can see the difference it has made as you walk up the valley.

Local customs

Gosainkunda is sacred to Hindus, Buddhists and Bon practitioners, and people walk for days to bathe there. Do not swim, do not wash yourself or anything else in the water, do not fly a drone over the lake, and walk clockwise around the shrines. If you visit near Janai Purnima, remember that you are a guest at a religious festival.

Firewood and waste

The forest between Thulo Syabru and Sing Gompa is old forest and red panda habitat, and firewood collection is the main pressure on it. Our crew cooks on kerosene and gas, never on wood. We ask you to take your hot shower at Kyanjin rather than at the lakes, where the water is heated over a fire. Everything we carry in, including batteries, is carried back to Kathmandu.

Booking and payment

How to book

Email us or send a WhatsApp message with your preferred month. You will receive a reply from someone who has walked this route, not an automated quote. There is no charge at this stage, and nothing is payable until you pay a deposit.

Deposit

A deposit of thirty per cent secures your dates, and the balance is due when you arrive in Kathmandu, in cash or by card. At the same time we ask for a copy of your passport, your insurance certificate and any dietary or medical information, because the permits are issued using these details.

Payment

You can pay by bank transfer or by card through a secure link. Card payments carry a bank charge of about 4 per cent, which we show you before you pay. The balance in Kathmandu can be paid in US dollars, pounds, euros or Nepali rupees.

Cancellation

If you cancel more than 30 days before departure, your deposit can be transferred to any other date or any other trek we run, with no expiry date. Within 30 days of departure the deposit is retained, because the permits, vehicles and crew are committed by then. If we cancel for any reason other than weather or road conditions, you receive a full refund.

Private and group departures

For five or more people, private and group departures cost the same. A private departure runs on your dates at your pace, and will run for one person. A group departure runs on the dates in the table, with a maximum of ten people. Most people who book this trek choose a private departure, as it costs no more.

Late bookings

One week's notice is enough, and we have arranged this trek with three days' notice, because there is no flight to book. If you are already in Kathmandu and your Lukla flight has been cancelled, visit our office and we can discuss starting two days later.

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.

Frequently asked questions

Answers to the 23 questions travellers ask us most often. If your question is not here, contact us and we will answer it.

How is this different from your Langtang Valley trek?

The first half is the same, and this trek adds a second section. The valley trek turns back at Kyanjin and walks out. This trek walks out as far as Thulo Syabru, then turns south and climbs a different ridge to Gosainkunda at 4,380 m. This adds two days, a second high camp and the part of the region that is most important to Nepalis rather than to trekkers.

How is this different from the circuit version?

The circuit crosses the Laurebina La at 4,610 m the morning after Gosainkunda and walks south through Helambu to Sundarijal, near Kathmandu. This trek does not cross the pass. You climb towards it for the view, return to the lake and descend to Dhunche by the route you came up. It is two days shorter, needs one fewer permit, and has no snow-covered pass between you and a road.

Should I choose this trek or the circuit?

Choose the circuit if you have sixteen days, want to finish on foot an hour from your hotel, and are comfortable committing to a pass at 4,610 m. Choose this trek if you have two weeks, are trekking in early spring or late autumn when the pass holds snow, or want a route you can turn back from at any point.

How fit do I need to be?

You should be fit enough to walk five to seven hours a day on rough ground for ten consecutive days, carrying a daypack. Three days are particularly demanding: 960 m of ascent to Langtang village, 1,080 m of ascent to Sing Gompa, and nearly 1,400 m of descent to Dhunche. Nothing on the route is technical and no ropes are needed.

Is it suitable as a first Himalayan trek?

Yes, with one caution. The walking is well within the ability of a regular hillwalker. The altitude is significant: you sleep at 4,380 m, and most people climb to nearly 5,000 m on day 6. If this is your first time above 3,500 m, please read the altitude section carefully.

Can children do it?

We accept children from the age of twelve travelling with a parent, and the Langtang section suits families well. The Gosainkunda section is harder for young walkers, with two long climbing days, thinner air and colder nights. Tell us their ages and walking experience and we will give you our honest advice.

Why does the route descend before climbing again?

There is no trail between the head of the Langtang valley and the Gosainkunda ridge. They are separate valleys that meet at a lower altitude at Thulo Syabru. Everyone who does both walks down to that junction and then climbs again. The descent may seem like a lost day, but the second climb takes you through a completely different landscape.

Could I do only Gosainkunda?

Yes. Dhunche to Sing Gompa and the lakes and back is a good short trek of five or six days, and we offer it. You would miss the glaciers, the yak pastures and Tserko Ri, as well as the acclimatisation those days provide before the lakes.

Should I climb Kyanjin Ri or Tserko Ri?

Tserko Ri (4,984 m) has the better view and takes about six hours there and back, with 1,100 m of ascent. Kyanjin Ri (about 4,770 m) takes two to three hours and offers much of the same view. Your guide will decide on the morning, based on how you slept and the weather, rather than on what you booked.

What is at Gosainkunda apart from the lake?

There are a few stone lodges, a shrine at the water's edge, a rock in the lake that pilgrims associate with Shiva, and a chain of smaller lakes above and below. In August it is the busiest high-altitude site in Nepal. For the rest of the year it is a cold, quiet basin with very few visitors.

Is 4,380 m high enough to cause altitude sickness?

Yes. The risk of altitude sickness increases significantly above 3,500 m, and Gosainkunda is nearly 900 m higher than that. On this route you reach the lakes already partly acclimatised from the Langtang section, and you sleep only one night at that altitude.

How does the acclimatisation plan work?

We set out the acclimatisation plan in full on this page. The second half climbs 2,130 m in two days, which would be unsafe on a standalone trek and is acceptable here only because of the five days you spend in the Langtang valley first. If you feel unwell at Sing Gompa, tell your guide before you start up the ridge.

What happens if I get sick at the lakes?

You descend. Sing Gompa is 1,050 m below Gosainkunda and about four hours' walk away, and the trail is good enough to descend in the dark if necessary. Helicopters can land at Gosainkunda and at Kyanjin and reach Kathmandu within an hour, which is why we ask to see your insurance.

Is there a doctor anywhere on the route?

No. There is no Himalayan Rescue Association post in this region. There is a small health post at Kyanjin that is not always staffed, and a district hospital at Dhunche at the end of the trek. Medical cover on the trail comes from your guide's first aid training, a pulse oximeter and a willingness to turn back.

What is the drive like?

The drive takes seven hours for about 120 km, and the last third is on a dirt road with dust and hairpin bends cut into a steep hillside. It is scenic but tiring, and travelling by jeep with six people is very different from travelling by bus with forty. Many trekkers find the drive harder than the walking.

Has the road been damaged by floods?

Yes. In July 2025 a glacial lake burst in Tibet, and the Bhote Koshi river washed away the border bridge and a kilometre of road north of Syabrubesi. A second flood in August 2026 hit Syabrubesi itself. Repairs and detours are common on this route. We check the road status before every departure and will tell you if we are starting from Dhunche instead.

Can I fly instead?

There is no airstrip in this region. A helicopter charter from Kathmandu to Kyanjin Gompa takes about forty minutes and is available on request. However, it lands you at 3,870 m without any acclimatisation, so we will discuss the risks with you carefully before booking it.

What are the lodges like?

The lodges are simple, reasonably warm and better than their reputation suggests. Everything from Langtang village upward was built after 2016, so the accommodation is newer than most teahouses in Nepal. Gosainkunda has the most basic lodges: stone rooms, a single stove, no shower and cold nights.

Is there wifi and phone signal?

Coverage is good in the Langtang valley, patchy on the Gosainkunda ridge and unreliable at the lakes. Buy an Ncell or NTC SIM card in Kathmandu. Micro-hydro power makes charging cheaper here than in the Everest region, although at Gosainkunda the power is solar and limited.

Can I drink the water?

Not untreated. Every lodge sells boiled water for one or two dollars a litre, and we ask you to buy this or carry a filter rather than buy plastic bottles. There is a safe drinking water station at Thulo Syabru. Above Sing Gompa, the only drinking water is what the lodges boil.

Which permits do I need?

You need two permits: the Langtang National Park entry permit (NPR 3,000, about $22) and the TIMS card (NPR 2,000, about $15). Both are included in your trek price and we arrange them in Kathmandu. You do not need the Shivapuri Nagarjun permit required for the circuit version, because this route does not reach Sundarijal.

Do I have to trek with a guide?

Yes. Since 1 April 2023, every foreign trekker in a Nepali national park must be accompanied by a licensed guide booked through a registered agency, and the TIMS card is only issued this way. It is checked at the Dhunche post. Solo trekking is not permitted in this region.

How much cash should I bring?

Around $250 to $350 in rupees covers the two weeks, including hot showers, charging, boiled water, snacks, beer and any purchases. There is an ATM at Dhunche that does not always work, and there are none further up. Bring small notes, as a lodge at Gosainkunda cannot give change for a thousand-rupee note when you buy a cup of tea.

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