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Langtang Gosaikunda Trek

- Duration: 13 Days Days
- Max Altitude: 5,184 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Langtang Gosaikunda Trek Highlights

- **Langtang Gosaikunda Trek: Langtang Gosaikunda Lake Trek** starts from Syabrubesi and takes you through the beautiful Langtang Valley. The valley is known for its picturesque landscapes, lush forests, and charming villages. The trail offers stunning views of snow-capped peaks, terraced fields, and flowing rivers.
- **Kyanjin Gompa:** Kyanjin Gompa is a significant Buddhist monastery at 3,870 meters. It serves as a spiritual and cultural hub in the Langtang Valley. The monastery provides insight into Tibetan Buddhist traditions and offers panoramic views of the surrounding mountains, including Langtang Lirung.
- **Langtang National Park:** The Langtang Gosaikunda Trek takes you through the Langtang National Park, which is rich in biodiversity. The park is home to various wildlife species, including the elusive red panda, Himalayan tahr, musk deer, and numerous bird species. You can also witness diverse flora, including rhododendrons and bamboo forests.
- **Gosaikunda Lakes:** The trek leads to the sacred Gosaikunda Lakes, a cluster of high-altitude lakes at 4,380 meters. According to Hindu mythology, these lakes are believed to be formed by Lord Shiva's trident. The lakes hold great religious significance and attract pilgrims during the full moon festival in August.
- **Panoramic Mountain Views:** Gosaikunda and Langtang trek, you will be treated to breathtaking views of the Himalayan mountain range. Peaks such as Langtang Lirung, Dorje Lakpa, Ganesh Himal, and Langshisa Ri dominate the skyline. The sunrise and sunset views over these majestic peaks are truly awe-inspiring.
- **Tamang Culture and Villages:** The [Langtang region](#) is predominantly inhabited by the Tamang ethnic group, known for its rich cultural heritage. Along the trek, you can visit traditional Tamang villages, interact with friendly locals, and experience their unique customs, music, and warm

hospitality. The traditional Tamang cuisine is also a delight to savor with the Langtang trek.

- **Tserko Ri Summit:** At an altitude of 4,984 meters, Tserko Ri is a popular viewpoint. It offers a challenging but rewarding side trip from Kyanjin Gumpa. You can witness a panoramic vista of the Langtang Valley from the summit, surrounding peaks, and glaciers.
- **Hot Springs at Tatopani:** Langtang Valley Gosaikunda trek the return leg of the trek, you pass through Tatopani, which translates to “hot water” in Nepali. Here, you can relax and rejuvenate your tired muscles in the natural hot springs, providing a soothing experience after the Langtang and Gosaikunda trek.

Overview

The Langtang Gosaikunda Trek is a captivating adventure that immerses you in the heart of the Himalayas, blending stunning natural beauty with rich cultural experiences. This journey offers a perfect mix of towering mountains, lush forests, and charming villages, culminating in the serene and sacred Gosaikunda Lake.

Starting from the lively town of Syabrubesi, *the trail leads you through various landscapes, from dense rhododendrons and bamboo forests to open alpine meadows.* You'll pass through traditional Tamang and Sherpa villages, where the warm hospitality of the locals gives you a glimpse into their unique way of life. These communities' vibrant cultures and ancient traditions add a rich layer to your trek, making every step a discovery.

As you climb higher, the scenery becomes even more breathtaking, with panoramic views of peaks like Langtang Lirung, Ganesh Himal, and Dorje Lakpa. The Path to Gosaikunda Lake takes you through rugged terrain and high mountain passes, each turn revealing more of the majestic Himalayan landscape.

Throughout the trek, the blend of natural wonders and cultural encounters creates an experience that's both challenging and deeply rewarding. Whether you are navigating steep ascents or sharing stories with locals in a mountain village, the Langtang Gosaikunda Trek offers moments of profound beauty and connection that make it an unforgettable adventure.

The Langtang Gosaikunda Trek is a fascinating journey into the heart of the Himalayas, rich in diverse landscapes and cultural experiences. It expertly weaves Nepal's natural and spiritual tapestry, offering breathtaking views of towering mountains, verdant forests, quaint villages, and the sacred [Gosaikunda Lake](#).

Things to Consider Before Gosaikunda Langtang Trek.

1. **Physical Fitness:** Ensure you are in good physical condition, as the trek involves long days of walking, often at high altitudes.
2. **Altitude Acclimatization:** Be aware of the risks of altitude sickness. Plan for adequate acclimatization days during your trek, and know the symptoms and treatment options for altitude sickness.
3. **Trekking Permits:** In Kathmandu, you must obtain the necessary permits, including the Langtang National Park Permit and TIMS (Trekking Information Management System) card.
4. **Weather Conditions:** Check the best times to trek, typically from March to May and September to November.

5. **Packing Essentials:** Pack warm clothing, sturdy trekking boots, a good sleeping bag, and a first aid kit.
6. **Travel Insurance:** Ensure you have comprehensive travel insurance that covers high-altitude trekking, emergency evacuation, and medical expenses.
7. **Guide and Porter Service:** Consider hiring a guide and porter for a safer and more enjoyable experience.
8. **Respect Local Culture:** Be respectful of local customs and traditions. Learn some basic phrases in Nepali, and always ask for permission before taking photos of people.
9. **Leave No Trace:** Practice responsible trekking by minimising your environmental impact. Carry out all your trash and avoid using single-use plastics.
10. **Emergency Preparedness:** Familiarize yourself with the emergency procedures and nearest evacuation points. Could you carry a map, compass, and a reliable communication device?

How to reach Gosainkunda from Kathmandu?

To start the **Gosainkunda trek from Kathmandu**, you must first drive to Syabrubesi, about 80 km north of Kathmandu. From Kathmandu, you can get a public vehicle or hire a private Jeep. The public bus or Jeep can be found in Gongabu Bus Park, about 10 km from the airport.

You can also catch this bus from Kalanki in the morning, but it is better to get it from Kathmandu to Syabrubensi at Gongabu Bus Park. The bus costs about \$10. The public bus mostly leaves in the morning, but the time is unknown. So, be there by 8 a.m.

However, public vehicles are uncomfortable (the seats are small) and often crowded. Thus, *it would be best to get a Jeep on a sharing basis or hire a private car from Kathmandu—a Jeep cost about \$30 per person.*

From Syabrubesi, the remaining journey to Gosainkunda is on foot. First, you need to walk to Sing Gompa and then to Gosainkunda. You can rest here for a day or get to a higher lake for a bird's eye view of the lake and then walk down to Ghopte, Melanche Ghyang, Tarkeghyang, Kakani, and Melamchi Bazar. This is a longer route set by MyEverestTrip, and you can also find a minor way.

Langtang Gosainkunda Trek Cost

The Cost of the Langtang Gosaikunda Trekking can vary depending on various factors, such as the duration of the trek, the level of comfort desired, and the season. The trek can cost anywhere between **USD 600 to \$1200 per person**. The Cost includes permits, transportation, accommodation, meals, and the services of guides and porters. However, costs can be higher during peak trekking seasons or if additional services are requested such as private transportation or luxury accommodation, are requested.

An essential eight-day trek can cost as low as \$600. However, for a more comfortable experience with private transportation, a guide, and a porter, the Cost can go up to \$1200 for a 13-day trek.

It's important to budget accordingly and factor in any additional expenses that may arise during the trek. The Langtang Valley Gosainkunda Trek cost can be classified as the accommodation price. The price in Langtang is \$4 to \$7 per night.

Expenses	Cost Range (USD)
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Accommodation	\$4 to \$7 per night
Food	\$20 to \$30 per day
Transportation	\$40(public bus) to \$300(private car)
Guide	\$25 to \$30 per day
Porter	\$15 to \$20 per day
Langtang Trek Permit	\$40 to \$50
Other Cost	\$200

Day 01

Drive to Sybrubensi (1,450m) |6 Hrs| O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner

Your journey begins with a scenic drive from Kathmandu to Syabrubesi, a small town in the Rasuwa district, via Trishuli Bazar and Dhunche. The drive takes about six hours and winds through picturesque hills, terraced fields, and traditional villages.

Along the way, you will have the backdrop of Mt. Annapurna II (7937m), Manaslu (8156m), and Ganesh Himal (7422m), as well as scenic hills, rivers, and villages. Upon arrival in Syabrubesi, you will settle into a cozy tea house, where you can relax and prepare for the trek.

Day 02

Trek to Lama Hotel (Changtang) (2,480m) |6 Hrs| O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

The first day of trekking takes you through dense forests of oak, maple, and rhododendron. We will trek along the Langtang River and cross the suspension bridge, where the trail ascends to Paira Lodge. As you ascend, you will notice the changing flora and fauna, with occasional sightings of wildlife like monkeys and birds. After ascending further to Ramche, we will reach the Lama Hotel.

You can enjoy the serenity of wilderness as you walk through Langtang National Park, and if you're lucky, you might even spot the endangered red pandas or Himalayan Black Bears for which the area is famed.

Day 03

Trek to Langtang village (3,541m) |7 Hrs| O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Today, we gradually climb to Ghoda Tabela, which translates to "Horse Stable." We pass through a forest of hemlocks, oaks, maples, and rhododendrons with the spectacular sight of Mt. Langtang Lirung (7,244m) as our backdrop. Leaving Ghoda Tabela, the path takes you to the wonderful Langtang Khola, climbing gradually through the Langtang village (3,500m).

Explore the rich cultural heritage of the Tamang community in Langtang village, a settlement with traditional stone houses and fields, while enjoying the backdrop of snow-capped mountains.

Day 04

Trek to Kyanjin Gompa (3,900m) | 4 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Today's trek is relatively short. Start the day by slowly trekking uphill, with the beautiful scenery of Langtang Lirung (7234m), Langshisa Ri (6427m), and other mountains as your view. The trail passes through yak pastures and small villages, offering a glimpse into the local way of life.

Once in Kyanjin Gompa, a picturesque village with a Buddhist monastery, you will visit the traditional cheese factory and the famous Gompa. The preserved Buddhist architecture, decorated with multi-colored prayer flags amidst the mountains, makes it a sight to remember. The monastery, decorated with colorful prayer flags, offers a serene environment for reflection and meditation.

Day 05

Day trip to Tserko Ri (5,150m) | 6 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Day 5 begins with a short walk around Kyanjin and a hike to Tserko Ri, one of the highlights of the trek that passes through yak pastureland. Tserko Ri offers a magnificent panorama of the mountains and a bird's eye view of the Langtang range.

You can see the entire Langtang Valley and distant peaks like Dorje Lakpa and Shishapangma from the summit. After spending some time in Tserko Ri, we will return to Kyanjin for a well-deserved rest.

Day 06

Trek to Lama Hotel (2,480m) | 7 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Today, we follow the Langtang River to Langtang village and pass through the vast meadows of Ghoda Tabela. Then, we retrace our way back to Lama Hotel through the dense forests of oak, fir, and pine trees.

The tea house will provide a welcoming retreat after a day of trekking. You can reflect on the journey in the evening, share experiences with fellow trekkers, and enjoy a hearty meal. The peaceful environment and the gentle sound of nature make for a restful night, preparing you for the next leg of your adventure.

Day 07

Trek to Big Syabru (2,200m) | 5 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Leaving Lama Hotek behind, today's trek takes you to Big Syabru village, a picturesque Tamang village in the mountains. The trail descends alongside the riverside, offering scenic views of the surrounding landscape. The descent is gradual, allowing you to take in the beauty of the natural surroundings at a leisurely pace.

Arriving in Thulo 'big' Syabru village, you are greeted by a spectacular view of Ganesh Himal (7422m)

and the Langtang range resting behind the Tamang village. The warm hospitality of the locals adds to the charm of this quaint settlement.

Day **08**

Trek to Sing Gompa (3,584m) | 5 Hrs | O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner

Today's trek takes you to Sing Gompa, a small village known for its cheese factory and Buddhist monastery. As you climb higher, the views of Langtang Lirung (7234m) and Ganesh Himal (7422m) become more pronounced, offering a stunning backdrop for your trek.

You might also get to see Langur monkeys playing inside the jungle. You can visit the well-preserved yak cheese factory and the Buddhist monastery in Sing Gompa.

Day **09**

Trek to Gosainkunda (4,381m) |6 Hrs | O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

Today's trek takes you to the sacred lakes of Gosainkunda, a pilgrimage site for Hindus and Buddhists. As you climb higher, the view of the Himalayas becomes more expansive, with Langtang Lirung, Ganesh Himal, and other peaks providing a stunning backdrop.

You can enjoy magnificent views of Saraswati Kunda and Bhairav Kunda on the way. And when you reach Gocainkunda, you will be greeted by pristine lakes surrounded by rugged mountains.

Day **10**

Explore higher lake (4,381m) |8 Hrs| O/N at Tea House; Meals provided: Breakfast, Lunch, and Dinner

This tranquil lake surrounded by barren rocky hills makes it a sight to remember. Gosainkunda Lake is a pilgrimage site famous among Hindu devotees, where people come for various religious purposes. The lake is usually frozen during winter, making it all the more fascinating. You will spend the day soaking in the beauty of the pristine lake.

Day **11**

Trek to return to Sing Gompa (3,584m)|5 Hrs| O/N at Tea House; meals provided: Breakfast, Lunch, and Dinner

On this day, you will return to Sing Gompa, which takes about five hours. The return journey provides a different perspective of Langtang Valley and Langtang Lirung (7234m) along with Himalchuli (7893m), Ganesh Himal (7422m), and Manaslu (8156m). This journey allows you to revisit Sing Gompa, a small monastery and cheese factory.

Day **12**

Trek to Dhunche (1,950m) |5 Hrs |, O/N at Tea House, Meals provided: Breakfast, Lunch, and Dinner

On the twelfth day, you will trek for about five hours to reach Dhunche through the forest of oaks, terraced fields, firs, and mesmerizing rhododendrons. Dhunche is the district headquarters of Rasuwa and marks the end of your trekking journey.

Day 13

Return to Kathmandu|8 Hrs | O/N at 3-Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

The final day involves an eight-hour drive back to Kathmandu alongside the Trishuli River, passing through various settlements and vegetation on each side of the highway. Upon arrival in Kathmandu, you will check into a three-star hotel for a well-deserved rest. Feel free to spend your last night enjoying and exploring the capital.

What To Expect?

What's included

- Airport/hotel pick up and drop off by private car.
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Sybrubensi - Dhunche - Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Trekking porter/Sherpa who will carry your bags during the trekking (2 person 1 Porter).
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

Where is Langtang Gosainkunda Pass Trek?

The Langtang Gosainkunda Pass lies in the central north of Nepal. The trek starts in Syabrubesi, 80 kilometers from Kathmandu. It covers approximately 155 kilometers and takes about 16 days, including arrival and departure.

How Far is Kathmandu to Syabrubesi?

The distance from Kathmandu to Syabrubesi is about 80 kilometers, typically taking around 6 hours by road.

How long is the Gosainkunda trek?

The Langtang Gosainkunda Trek usually spans 16 days, including the arrival and departure. If booked from Kathmandu, it takes about 14 days, with two exploration days at Kyanjin Gumpa and Gosainkunda. It can be completed in about nine days for those who trek quickly.

Is it possible to trek to Gosainkunda and back in 3 days?

Due to the distance and altitude, trekking to Gosainkunda and back in 3 days is nearly impossible. A rushed itinerary is not recommended.

What is the Itinerary for the four days of the Gosainkunda Trek?

- Day 1: Drive to Syarubensi or Dhunche
- Day 2: Trek to Chandanwari
- Day 3: Trek to Gosainkunda
- Day 4: Trek to Dhunche and get a jeep to Kathmandu

Note: Getting back to Kathmandu on the same day is hard, and you must hire a private Jeep. This is why trekkers make it a day trip so that they can get a public bus on the morning of 5th day.

What is the Itinerary for the five days of the Gosainkunda Trek?

- Day 1: Drive to Syarubensi or Dhunche
- Day 2: Trek to Chandanwari
- Day 3: Trek to Gosainkunda
- Day 4: Trek to Dhunche
- Day 5: Drive to Kathmandu

Is the Langtang Trek suitable for beginners?

Yes, the Langtang Trek is considered suitable for beginners due to its relatively moderate difficulty compared to other treks in Nepal. However, a basic fitness level is required, and prior trekking experience is beneficial.

Is the Langtang Trek worth it?

The Langtang Trek offers stunning natural beauty, including diverse landscapes, rich flora and fauna, and breathtaking views of the Himalayas. Additionally, it provides a cultural experience with visits to traditional Tamang and Sherpa villages.

Can you see Everest from Langtang?

No, Mount Everest is not visible from the Langtang region. However, the trek offers spectacular views of other peaks, including Langtang Lirung, Langshisa Ri, and Dorje Lakpa.

Are there any health risks on the Langtang Gosaikunda Pass Trek?

Altitude sickness is a concern. Acclimatizing correctly, staying hydrated, and following a gradual ascent are essential.

Do I need a guide for the Langtang Gosaikunda Pass Trek?

While it is possible to trek independently, hiring a guide is recommended for safety, navigation, and cultural insights.

What is the altitude of the highest point on the Langtang Trek?

The highest point on the Langtang Trek is Tserko Ri, which is 4,984 meters (16,349 feet) high.

Additional Information

The 13-day **Langtang Gosaikunda trek** costs \$970 with the MyEveryTrip package. This includes accommodation, food, a porter, a guide, transportation, and a permit.

Equipment lists for Langtang and Gosaikunda trek.

Clothing

- Moisture-wicking T-shirt
- Long-sleeved thermal tops
- Fleece jackets or pullovers
- Insulated Jacket
- Waterproof and windproof jacket
- Hiking shorts
- Warm trekking socks

Footwear

- Sturdy, well-broken-in trekking boots
- Lightweight shoes or sandals for camp use

Accessories

- Adjustable trekking poles
- 40-50 liters backpack with rain cover
- four-season

Langtang Gosaikunda National Park Permit

Several permits are required for the Langtang Gosaikunda Trek to ensure a safe and regulated trekking experience. Firstly, all travelers to Nepal must obtain a visa upon arrival at the airport or other entry points. The visa fee is USD 30 for 15 days and USD 50 for 30 days.

Additionally, for the Langtang Valley Trek, trekkers need a *Trekker's Information Management System (TIMS) card*, which can be obtained in Kathmandu. A TIMS card costs \$10 for group trekkers and \$20 for solo trekkers. This card helps the government keep track of trekkers in the Langtang region, ensuring their safety and well-being.

Another essential permit is the **Langtang National Park** entry permit, as the trek passes through the Park. The entry ticket costs NPR 3000, with VAT included. This fee contributes to conserving wildlife and natural resources in the Langtang National Park area, ensuring its preservation for future generations.

These permits are necessary to maintain the sustainability of tourism in the Langtang region and to ensure that trekkers have a safe and enjoyable experience. Obtaining these permits before starting the trek is essential to avoid any issues during the journey.

How to reach from Kathmandu To SyabruBesi?

The Langtang Valley and Gosaikunda trek starts with a scenic drive from Kathmandu to Syabru Besi, the gateway to Langtang Valley. Gosaikunda Lake, situated at an altitude of 4380 meters, is the crown jewel of this trek. Surrounded by towering peaks, this sacred lake is a pilgrimage site for Hindus and Buddhists.

The trek coincides with the Janai Purnima festival in August, when thousands of pilgrims visit the lake. This journey gives trekkers a glimpse into Nepal's rural life and Tamang culture, presenting a stark contrast from the hustle and bustle of the capital city.

Starting from Syabrubesi, *the trail climbs through dense forests with diverse flora and fauna*. Entering Langtang National Park, you will trek through areas home to exotic and endangered species like red pandas and snow leopards, making this section a paradise for wildlife enthusiasts. This part of the trek offers an immersive experience of Nepal's natural beauty.

As the trek progresses, *trekkers pass through charming Tamang and Sherpa villages*. The traditional stone-built houses, terraced fields, and Buddhist monasteries testify to the indigenous people's rich culture and traditions. Key villages along the route into Langtang Village, Kyangjin Gompa, Lama Hotel, and Thulo Sabru are some of the prominent settlements, and each offers a unique glimpse into local life.

When you finally reach the Langtang Valley, *you are rewarded with stunning panoramic views of the Himalayas*, including Langtang Lirung, the highest peak in the Langtang range. The trail to the Gosaikunda Lake winds through alpine meadows and yak pastures, presenting a more rugged and

desolate landscape.

Sundarijal to Gosainkunda Trek Route

If you find driving to Syabrubesi unnecessary, you can also trek to Gosainkunda from Sundarijal, about a 45-minute drive from the airport. Here's Sundarijal to Gosainkunda trek Itinerary

Day 1: Drive to Sundarijal and Trek to Chisapani (2,167 m)

Day 2: Chisapani to Tuksang 6 hrs / 3,180 m

Day 3: Tuksang to Ghopte - 7 hrs / 3,340 m

Day 4: Ghopte to Gosainkunda - 7 hrs

Day 5: Gosainkunda to Dhunchhe - 6 hrs / 1,764 m

Day 6: Drive back to Kathmandu

Trekking in Nepal is best experienced during the autumn and spring seasons. The clear skies and distinct view of Autumn from September to November make autumn the most magical season for Langtang Gosainkunda Trek. Similarly, the colorful blooms of wildflowers in Spring are equally enchanting experiences.

The temperature during these months is warm enough for trekking, with little chance of snowfall or rainfall. However, *one downside is the overbooking of accommodations along the Langtang Gosainkunda Trek route*, so booking in advance is advisable. These seasons are also perfect for exploring Langtang's festivals and Tamang culture.

Winter in Langtang and Gosainkunda make the trek even more magical, as the entire area above Lama Hotel is covered in snow. While trekking in December, January, and February is possible, it's risky due to the snow. Due to the slippery trail, the Gosainkunda trek route is also challenging to conquer in summer (monsoon). However, since the altitude of this Langtang Gosainkunda Pass Trek is not that high, it can be done throughout the year with the proper guidance from the MyEverestTrip team.

Best Time for Langtang Gosainkunda Trek

Choosing the right time to embark on the Langtang Gosainkunda Trek can make all the difference in your experience. Each season has unique appeal and challenges, so let's dive into what you can expect during different times of the year.

Autumn (September to November)

Autumn is often hailed as the best time for the Langtang Gosainkunda Trek. The weather is generally stable, with clear skies and crisp, cool air, offering some of the best views of the mountains. The temperatures are also correct, not too hot or cold, making it perfect for long days of trekking.

Festivals like Dashain and Tihar offer a taste of local culture and celebrations. The only downside is that autumn is a popular time for trekking, so be prepared for busier trails and book your accommodations in advance.

Spring (March to May)

Spring is another fantastic time to trek in Langtang Gosainkunda. The weather is pleasant, with clear skies

and moderate temperatures making for comfortable trekking. The view of the snow-capped peaks is still stunning. Spring is also a great time to see wildlife, as animals are more active after the winter months.

Summer (June to August)

The summer months bring the monsoon season to Nepal, which means lots of rain. While the rain makes the landscapes lush and green, the trails are slippery, making the trek more challenging. Clouds and rain can obscure mountain views, and sponges are more common in the lower regions. However, trekking during the monsoon season can be a unique and peaceful experience if you prefer quiet trails and don't mind the rain. Just be sure to pack waterproof gear and be prepared for wet conditions.

Winter (December to February)

Winter offers an entirely different trekking experience in Langtang Gosaikunda. The temperature can drop significantly, particularly at night, so being well-prepared with warm clothing and gear is essential. The trails are much quieter, providing a peaceful solitude that's hard to find during other seasons. However, the cold and snow can make the trek more demanding, and some routes might be impassable due to snow.

Weather and Altitude

Understanding the weather and altitude is crucial when planning your Langtang Gosaikunda Trek. The trek ranges from lower altitudes around 1,400 meters to higher elevations above 4,000 meters. The climate is generally mild and pleasant at lower altitudes, with temperatures perfect for trekking. However, the weather becomes colder as you ascend, and you may even encounter snow, especially during winter.

In the higher regions, temperatures can drop significantly, especially at night, and the wind can make it feel even colder. *The altitude also means a higher chance of altitude sickness*, so acclimatization is critical. A flexible itinerary can help you adjust to the conditions and ensure a safe and more enjoyable trek.

Rainfall is another factor to consider, particularly during the monsoon season. Heavy rains can make the trails slippery and more challenging but also bring lush greenery and fewer crowds. On the other hand, clear skies in autumn and spring offer stunning views of the snow-capped peaks. Regardless of when you go, being prepared for the weather and altitude changes will help you make the most of your trekking adventure.

Trek Accommodation and Food

During the *Langtang Gosaikunda Trek*, accommodation is typically provided in tea houses, which are small, family-run lodges offering basic yet comfortable amenities. These tea houses along the trekking route give a warm place to rest after a long day of hiking. *Rooms are usually simple, with twin beds and a shared bathroom.* While the facilities are essential, the hospitality is heartwarming, and you will often find cozy common areas where trekkers can gather, share stories, and enjoy the warmth of a wood-burning stove.

Food along the trek is hearty and designed to energize you for the strenuous journey ahead. The houses usually offer a menu with various options, including traditional Nepali dishes like dal bhat, a trekker

staple due to its nutritional value and energy-boosting properties. You'll also find other comforting foods like momo, noodles, soups, and sometimes Western dishes like pancakes and pasta. While the variety may be limited compared to urban areas, the food is freshly prepared and satisfying.

As you trek higher, *food and accommodation costs tend to increase slightly due to the difficulty of transporting supplies to these remote areas*. However, the experience of dining in the mountains, surrounded by breathtaking views, and enjoying the simplicity of life in the Himalayas makes it all worthwhile.

Acclimatization

Acclimatization is a vital part of the Langtang Gosaikunda Trek. It helps your body adjust to the high altitudes and reduces the risk of altitude sickness. This means taking your time as you climb higher, allowing your body to get used to the thinner air. The trek itinerary usually included specific acclimatization days, such as in Kyanjin Gompa.

Staying hydrated and paying attention to how your body feels is essential. If you experience headaches, nausea, dizziness, or shortness of breath, inform your guide immediately and take the necessary precautions, including descending to a lower altitude. Proper acclimatization helps you enjoy the trek more and ensures a safer, more rewarding experience in the breathtaking landscapes of the Langtang region.

A Typical Day on Trek

A typical day on the Langtang Gosaikunda Trek begins with the gentle wake-up call of birdsong and the rising sun casting a golden glow over the mountains. You will start your day early, usually around 6 or 7 AM, with a hearty breakfast at the tea house, where you can enjoy porridge, eggs, toast, or traditional Tibetan bread to fuel up for the trek ahead. After breakfast, pack your gear, lace up your boots, and hit the trail.

You might stop for a mid-morning tea break in a small village, where you can chat with fellow trekkers and enjoy a steaming cup of Nepali tea. Lunchtime usually falls around noon, and you will take a more extended break at a local teahouse to rest, refuel with a hot meal, and soak in the scenery. The afternoon trek continues with more breathtaking views and the occasional wildlife sighting until you reach your destination for the night.

Arriving at the next teahouse late afternoon, you will have time to relax, explore the local area, or rest your legs. *Dinner is typically served around 6 or 7 PM, with a menu offering various dishes like dal bhat or pasta*. Evenings are often spent in the cozy standard room of the tea house, where trekkers gather around the fire to share stories, play cards, or read a book. By 9 or 10 PM, you will be at 10 pm to bed, ready to recharge for the next day's adventure.

Telephone, Charging Device, and Internet Services

Access to telephone, charging, and internet services on the Langtang Gosaikunda Trek can vary greatly depending on the location and available facilities. *Major Nepali Telecom providers like Ncell and Nepal Telecom (NTC) offer network coverage along the Langtang Gosaikunda Trek*, but the signal can be intermittent and weak in remote areas. Satellite phones may be available at some lodges for emergency

use, though this service can be expensive.

Most teahouses and lodges along the Langtang Gosainkunda Trek offer charging facilities for electronic devices. Depending on the altitude and remoteness of the location, charging fees range from **NPR 100 to NPR 500 per hour**. Therefore, due to the limited and costly charging option, carrying spare batteries or a power bank along the Langtang Gosainkunda Trek is wise.

Wi-Fi is available in some teahouses and lodges, especially in the more popular villages along the Langtang Gosainkunda Trek. However, the quality and speed of the connection can vary significantly. Accessing Wi-Fi typically costs a fee ranging from NPR 100 to NPR 500 per hour. Some trekkers use mobile data packages provided by Ncell or NTC, but they should expect slow speeds and inconsistent connections.

Map



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