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1. Langtang Gosaikunda Helambu Trek

2. Overview

Enjoy the spectacular trek to divine Gosaikunda Lake located amidst scenic mountains inside the Langtang Region. Traverse through the pristine alpine forests and varied landscapes along the Nepal-Tibet Border and take a plunge into one…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1350 m | Stay: Hotel

Welcome to Kathmandu City! Once you arrive in Kathmandu, you'll be warmly welcomed by one of our representatives at the airport. He will escort you to your hotel located at the heart of the city, where you'll get to meet your trek guide and discuss the itinerary in detail. In the evening, you can choose to go out to shop for any needed gear or equipment.

Day 02: Drive to Syabrubesi

Altitude: 1500 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After an early breakfast at the hotel, you'll embark on a scenic road journey to the northwest of Kathmandu. An 8-hour drive will take you to Syabrubesi town, located in the Rasuwa district of central Nepal. Spanning almost 122km, you'll traverse through colorful towns and villages, the massive Trishuli and Bhote Koshi Rivers en route to Syabrubesi. Once at Syabrubesi village, you can relax and prepare for the upcoming trek.

Day 03: Trek from Syabrubeshi to Lama Hotel

Altitude: 2410 m | Meals: Breakfast/Lunch/Dinner | Stay: teahouse

After early breakfast, you'll prepare for the first day of the trek. You'll commence the trek at Syabrubeshi and gradually advance along the forested trail and traditional villages en route to Lama Hotel. The trail advances north along the Bhote Koshi River and follows the upstream trail towards Langtang Khola. You'll walk past lush Bamboo forest and Rimche village to reach Lama Hotel.

Day 04: Trek from Lama Hotel to Langtang village

Altitude: 3430 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Lama Hotel, you'll begin ascending uphill and make your way towards Langtang National Park. The first Himalayan national park of Nepal, Langtang National Park is home to rich wildlife and vegetation. Although rare, you may spot the endangered Red Panda amidst the lush forests. You'll trek further and head towards Langtang Valley via Ghoda Tabela village, which offers beautiful sights of Langtang Lirung, Tserko RI, and Shishapangma. You'll walk past Chyamki and Mundu villages to reach Langtang village located at the foothill of Langtang Lirung Peak.

Day 05: Trek from Langtang village to Kyanjin Gompa

Altitude: 3830 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Langtang village was heavily affected by the major earthquake of 2015; however, it has been rebuilt to its former glory by the locals. Today, you'll leave Langtang village and trek northward to the discreet Himalayan village of Kyanjin Gompa. After completing the 3-4hr trek, you'll be surrounded by a jaw-dropping panorama of some of the majestic peaks in the region. The Sherpa tribe mostly inhabits the area. Overnights stay at Kyanjin.

Day 06: Day trip to Tserko RI and descend to Kyanjin Gompa

Altitude: 3830 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Kyanjin, you'll make a hike towards Tserko RI. Often referred to as Tserko RI, you may need to walk almost five hours from Kyanjin Gompa to reach Tserko RI. You'll follow the trail north and take a detour to the left. A steep climb for 10 minutes will bring you to the top of Tserko RI, from where you can enjoy the spectacular view of the surrounding mountains, including mountains located inside Tibet. Afterward, you'll head down to Kyanjin Gompa for the overnight stay.

Day 07: Trek from Kyanjin Gompa to Lama Hotel

Altitude: 2410 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today, you'll retrace your path and make your way back to Langtang Village. You'll begin trekking along the snow moraines to reach Langtang Village. After a hot lunch, you'll make your way back to Lama Hotel via Mundu and Ghoda Tabela. Going down the trail, you will catch the magnificent sight of Langtang Lirung. You'll cross the lush Bamboo forest, pine, and oak trees en route to Lama Hotel.

Day 08: Trek from Lama Hotel to Thulo Syabru

Altitude: 2210 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Lama Hotel, you'll begin walking northeast towards Syabru village. It may take almost 5 hours to traverse the forest path and past Tamang villages to arrive at Thulo Syabru. You'll cross Bamboo village en route. At Bamboo, you can enjoy a hot meal before trekking towards Thulo Syabru. The trek is fairly easy and may include the beautiful sight of the Langtang Valley.

Day 09: Trek from Thulo Syabru to Sing Gomba (Chandanbari)

Altitude: 3330 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Thulo Syabru, you'll begin ascending uphill and make your way towards Sing Gompa(3250m). You'll walk past some of the traditional villages, namely Foprang Danda and Dursagang, en route. The villages will offer a unique insight into the life of locals. You can also catch magnificent views of Langtang Himal and Ganesh Himal on the way. The path gently rises before reaching the flats leading to Sing Gompa. At Sing Gompa, you can witness the ancient Bon-Po monastery along with visiting the local cheese factory.

Day 10: Trek from Sing Gompa to Gosaikunda

Altitude: 4380 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After exploring the Sing Gompa, you'll begin making your way towards Gosaikunda Lake through the rugged terrain. You'll walk past grasslands and rocky terrain to reach the holy site that boasts dozens of oligotrophic lakes. Along with Gosaikunda Lake, you'll find Saraswatikunda, Bhairab Kunda, and many other smaller lakes. The site is visited by thousands of pilgrims every year. Once at the site, you can explore the surroundings and enjoy the magnificent view of the lake from the hilltop at a distance. The lake remains inaccessible during winter mainly because it remains frozen.

You can avoid visiting the place in winter.

Day 11: Trek from Gosaikunda to Ghopte

Altitude: 3530 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving the holy site of Gosaikunda, you'll begin trekking towards Ghopte. It may last 6-8hr following a 300m ascent and 1,320m descent towards Ghopte. You'll walk along the rocky terrain and glacier moraines towards Lauribinayak La Pass. A gentle hike to the top will offer amazing scenery of Langtang Himal, Naya Kanga, Surya Peak, and the magnificent Dorje Lakpa (6966m). You'll walk downhill to reach Phedi village before heading towards Ghopte.

Day 12: Trek from Ghopte to Thadepati Pass

Altitude: 3690 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

You'll be trekking through the rich Tamang Heritage Trail. Also known as the birthplace of indigenous Tamang inhabitants, you'll walk past many rich Tamang settlements before reaching Thadepati Pass. The trek may last only a few hours, and you will encounter numerous detours before reaching the quaint village of Thadepati. You'll walk past rich oak and rhododendron forests en route.

Day 13: Trek from Thadepati Pass to Melamchi Gaon

Altitude: 2530 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

You'll follow the northern end of the village and head steeply down into a ravine. You'll walk past large firs, oaks, and rhododendron forests to arrive at the Chyandi Khola. After crossing the bridge, you'll continue ascending towards the traditionally rich Sherpa village of Melamchi Gaon. You can spend the day exploring Melamchi Gaon and witness the rich fields of barley, corn, and potatoes. You can also visit the nearby Tibetan Gompa that is decorated with prayer flags, brightly painted walls, and a statue of Guru Rimpoche.

Day 14: Trek from Melamchi Gaon to Tarkegyang

Altitude: 2600 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Melamchi Gaon, you'll head towards Tarkeghyang village. The trail drops through the lush bamboo forests towards a bamboo teashop at 2,360 meters. The trail further drops towards the fields beside the Melamchi River. After crossing the suspension bridge, you'll begin climbing the trail towards Tarke Gyang, also the largest village in the Helambu region. In the evening, you can visit Tarke Gyang.

Day 15: Trek from Tarke Gyang to Sermathang

Altitude: 2590 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Tarke Gyang, you'll make your way towards the pretty Sherpa village of Ganyul-the inhabitants of the village practice Drukpa Kagyu Buddhism, also the national religion of Bhutan. The trail drops over a ridge and starts climbing through deep forests. You'll walk past a large Gompa at Chumik before heading down towards Sermathang village.

Day 16: Trek from Sermathang to Melamchi Bazaar

Altitude: 870 m | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Sermathang, you'll follow the ridge down to Melamchi Bazaar. You'll make a descent of almost 1730 meters. You'll walk past traditional settlements of Niggle, Gyalsha, and Raithani Gyang and through lush pine forests to reach Kakani. From here, you'll begin entering the lowlands inhabited mostly by Brahmans and Chhetri. You'll hike towards Dubhachaur and continue along the trail to reach Melamchi Bazaar.

Day 17: Drive from Melamchi Bazaar to Kathmandu

Altitude: 1350 m | Meals: Breakfast/Lunch/Dinner | Stay: Hotel

From Melamchi Pul, you'll catch a commute back to Kathmandu. You'll drive for almost five hours through the gravel and bumpy path to reach Lami Danda. From here, you'll follow a pitched road to Dhulikhel and Banepa to reach Kathmandu.

Day 18: Departure

Meals: Breakfast

Bid farewell to Kathmandu as you depart for home. We will transfer you to Tribhuvan International Airport approximately two hours before your scheduled flight to allow plenty of time for check-in and to avoid possible traffic delays, which are common during office hours in Kathmandu.

5. Cost Includes

- Airport pick up & drop off service in a private transportation
- 4-star accommodation in Kathmandu in BB plan
- Professional English speaking, Government licensed tour guide for sightseeing in Kathmandu
- Best accessible clean and comfortable teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- Drive from Kathmandu to Syabrubesi; local bus from Melamchi Bazaar back to Kathmandu.
- Highly experienced, English-speaking, government-licensed, trained trekking Guide
- Porter service to carry your luggage during the trek (2 trekkers : 1 porter)
- Staff cost including their food, accommodation, salary, insurance, equipment etc.
- Langtang National Park Entry Fee and TIMS Fee
- Farewell dinner with cultural program
- First Aid kit bag
- Down jacket and sleeping bag (to be returned after trek completion)
- All Local and Government taxes, administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance coverage
- International flights
- Monument entry fees during sightseeing tour in World Heritage Sites in Kathmandu.
- Personal expenses (phone call, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter etc.)
- Personal trekking gear and equipment
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

Here is the comprehensive Packing & Gear Checklist.

Documents

- Passport (with at least 6 months validity)
- Passport-sized photos (2–4 copies)
- Travel insurance details (printed and digital copy)
- Flight tickets/itinerary
- Nepal visa (or visa-on-arrival details)
- Emergency contact information

Upper Body Clothing

- Moisture-wicking base layer t-shirts (2–3)
- Long-sleeve thermal tops
- Fleece jacket or warm mid-layer
- Insulated down jacket
- Waterproof/windproof outer jacket
- Sun hat or cap
- Woolen hat/beanie (covering ears)
- Neck gaiter or scarf
- Warm gloves (waterproof, for higher altitudes)
- Lightweight gloves (for lower altitudes)

Lower Body Clothing

- Trekking pants (quick-dry, 2–3 pairs)
- Thermal leggings/base layer bottoms
- Waterproof rain pants
- Comfortable shorts (for lower altitudes)
- Undergarments (enough for the full trek)

Footwear

- Sturdy, broken-in trekking boots (waterproof, ankle support)
- Comfortable camp shoes/sandals for teahouses
- Trekking socks (wool or synthetic, 5–6 pairs)
- Liner socks (optional, for blister prevention)
- Gaiters (useful in snow or muddy conditions)

Toiletries

- Toothbrush and travel-sized toothpaste
- Quick-dry towel
- Wet wipes
- Hand sanitizer
- Sunscreen (high SPF, for high-altitude sun exposure)
- Lip balm with SPF

- Toilet paper (most teahouses don't provide it)
- Basic personal hygiene items
- Small quick-dry travel towel

Health & Safety

- Personal first-aid kit (blister plasters, pain relief, altitude sickness medication if prescribed)
- Any personal prescription medication
- Water purification tablets or a portable filter
- Reusable water bottle (1–2 liters)
- Hand warmers (optional, for colder months)

Electronics

- Headlamp with spare batteries
- Power bank
- Universal travel adapter
- Phone/camera
- Solar charger (optional, useful in remote areas)

Other Gear & Accessories

- Trekking poles
- Duffel bag (for porter to carry)
- Daypack (25–35 liters)
- Sleeping bag (rated for sub-zero temperatures — we provide this, see Inclusions)
- Sunglasses (UV-protective, ideally with side coverage for snow glare)
- Cash (Nepali rupees, for personal expenses along the trek)
- Snacks/energy bars
- Dry bags or waterproof stuff sacks