DESTINATION: GOSAIKUNDA TREK

Langtang Valley and Gosaikunda Trek

11 Days

— Starts at

— Ends at

— Season

OVERVIEW

The trip

The Langtang Gosaikunda trek is an eleven-day teahouse trek that links the glaciated Langtang Valley with the sacred lakes of Gosaikunda in one classic circuit north of Kathmandu. After the drive to Syabrubesi you climb the Langtang Khola through forest to the yak pastures of Kyanjin Gompa at 3,870 metres, with an acclimatisation day for the viewpoints above it, then trek back down and cross to the pilgrimage lakes at 4,380 metres by way of Thulo Syabru and Cholangpati. It is graded moderate to challenging, walked on well-worn trails with teahouses each night, and finishes with a sunrise at the lakes before the descent through Chandanbari to the roadhead at Dhunche. This combined route suits trekkers based in Kathmandu who want both a Himalayan valley and its holy lakes in a single trip.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 4,380 m at Gosaikunda Lake
- Difficulty: Moderate to challenging
- Best season: March to May and September to November
- Walking: about 5 to 7 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1 — Drive from Kathmandu to Syabrubesi

- Drive roughly 7 to 8 hours along the Trishuli and up the Langtang road
- Arrive at the riverside town of Syabrubesi (1,550 m)
- Stroll through the bazaar at the trailhead and check in for the night

DAY 2 — Trek to Lama Hotel

- Follow the Langtang Khola upstream through dense forest
- Cross suspension bridges with chances of grey langur monkeys
- Overnight at the cluster of lodges called Lama Hotel (2,450 m)

DAY 3 — Trek to Langtang Village

- Climb through forest into the open upper valley
- First big views of Langtang Lirung above the treeline
- Reach the rebuilt Langtang Village (3,430 m)

DAY 4 — Trek to Kyanjin Gompa

- Short walk past mani walls, water mills and yak pastures
- Arrive at Kyanjin Gompa (3,870 m) below the glaciers
- Visit the monastery and the village cheese factory

DAY 5 — Acclimatisation Day at Kyanjin Gompa

- Climb Kyanjin Ri (about 4,300 m) for a sweep of the Langtang peaks
- Stronger walkers can push higher towards Tserko Ri
- Return to Kyanjin Gompa to rest and adjust to the altitude

DAY 6 — Trek down to Lama Hotel

- Retrace the valley trail down through the forest
- Long descent following the Langtang Khola
- Overnight back at Lama Hotel

DAY 7 — Trek to Thulo Syabru

- Descend to the river then climb the far side of the valley
- Wide views of the Ganesh Himal across the gorge
- Reach the hillside Tamang village of Thulo Syabru (2,230 m)

DAY 8 — Trek from Thulo Syabru to Cholangpati

- Steady climb through rhododendron and pine forest onto the ridge
- Pass Sing Gompa, also called Chandanbari (3,330 m), with its small monastery and cheese factory
- Continue up the ridge to Cholangpati (about 3,580 m) as the forest thins
- Overnight at Cholangpati

DAY 9 — Trek from Cholangpati to Gosaikunda Lake

- Ascend the exposed ridge past Lauribina (3,910 m)
- Wide views over the Langtang, Ganesh and Manaslu ranges on a clear day
- Pass the smaller Saraswati and Bhairav lakes
- Reach Gosaikunda Lake at 4,380 m, ringed by bare peaks

DAY 10 — Explore Gosaikunda and Descend to Chandanbari

- Sunrise over the frozen shoreline and the surrounding summits
- Walk the shrines and cairns around the sacred lakes
- Retrace the ridge down past Lauribina and Cholangpati
- Overnight at Chandanbari, also called Sing Gompa (3,330 m)

DAY 11 — Trek to Dhunche and Drive to Kathmandu

- Descent through forest and Tamang hamlets to Dhunche (2,030 m)
- Scenic drive back down the Trishuli valley to Kathmandu
- Drop-off at your hotel in Kathmandu, the end of the trip

INCLUSIONS

What's included

Included

- Private jeep to Syabrubesi and back from Dhunche
- Licensed guide on the ten trek days
- Ten lodge nights, meals on the trail
- Langtang National Park entry

Not included

- Lunch on day 11, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

PRICE
$737 / person

1 person	$1,360 / person
2 people	$843 / person
3 people	$737 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

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Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.