DESTINATION · GOSAIKUNDA TREK

Langtang and Gosaikunda Trek with Chitwan National Park

14 Days

— Starts at | — Ends at | — Season

OVERVIEW

The trip

The Langtang and Gosaikunda trek with Chitwan National Park is a fourteen-day journey that pairs one of Nepal's most accessible Himalayan valleys with a lowland jungle safari. From the roadhead at Syabrubesi you climb through forest to Lama Hotel and up into the glacial Langtang Valley, reaching Kyanjin Gompa at 3,870 metres and the viewpoint of Kyanjin Ri. You then cross the ridge to the sacred Gosaikunda lakes at 4,380 metres before descending to Dhunche and driving south to Chitwan National Park, where canoe trips, guided walks and a jeep safari finish the trip among rhinos, deer and birdlife. It is graded moderate to strenuous, walked on teahouse trails with comfortable lodges each night, and gives you mountains, culture and jungle in a single loop out of Kathmandu.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: about 4,380 m at Gosaikunda
- Difficulty: Moderate to strenuous
- Best season: September to May
- 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.

1 Drive from Kathmandu to Syabrubesi

- Scenic 6 to 7 hour drive north through hills and river gorges
- Follow the Trishuli and Bhote Koshi valleys to Syabrubesi (1,550 m)
- Overnight at the roadhead, the trailhead for the Langtang Valley

2 Trek from Syabrubesi to Lama Hotel

- Cross the river and climb through oak and rhododendron forest
- Follow the Langtang Khola with chances of langur monkeys
- Overnight at Lama Hotel (2,480 m)

3 Trek from Lama Hotel to Langtang Village

- Climb steadily as the forest thins and the valley opens
- First high peaks and yak pastures come into view
- Overnight at Langtang Village (3,430 m), rebuilt after the 2015 earthquake

4 Trek from Langtang Village to Kyanjin Gompa

- Short climb past mani walls and a cheese factory to Kyanjin Gompa (3,870 m)
- Time after lunch to explore the monastery and glacier viewpoints
- Big views of Langtang Lirung above the settlement

5 Morning hike to Kyanjin Ri and back to Kyanjin Gompa

- Early climb to the Kyanjin Ri viewpoint, around 4,300 to 4,770 m
- Panorama of Langtang Lirung, Yala Peak and the valley glaciers
- Descend back to Kyanjin Gompa for the night

6 Trek from Kyanjin Gompa to Lama Hotel

- Retrace the valley trail with fresh downhill views
- Long descent back through the forest belt
- Overnight at Lama Hotel

7 Trek from Lama Hotel to Thulo Syabru

- Descend to the river, then climb to the ridge village of Thulo Syabru
- Tamang and Tibetan-influenced village at about 2,260 m
- Sunset views across terraced hillsides

8 Trek from Thulo Syabru to Cholangpati

- Steady climb through rhododendron and pine forest
- Gain height towards the Gosaikunda ridge
- Overnight at Cholangpati (3,850 m)

9 Trek from Cholangpati to Gosaikunda Lake

- Climb into open alpine terrain with wide Himalayan views
- Reach the sacred glacial lakes of Gosaikunda at 4,380 m
- Overnight beside the lake, a major pilgrimage site

10 Explore Gosaikunda, then Trek to Chandanbari (Sing Gompa)

- Sunrise over the sacred lakes, then a walk around the shoreline and shrines
- Descend from the lakes back below the treeline
- Views of Langtang and Ganesh Himal on the way down
- Overnight at Chandanbari, or Sing Gompa (3,330 m), known for its cheese

11 Trek from Chandanbari to Dhunche

- Long forest descent towards the district headquarters
- Pass small settlements and farmland
- Overnight at Dhunche (1,960 m)

12 Drive from Dhunche to Chitwan National Park

- Long 7 to 8 hour drive south out of the hills to the Terai lowlands
- Swap the mountains for subtropical jungle and warm air
- Check in near Chitwan National Park for the safari nights

13 Jungle Safari in Chitwan National Park

- Dugout canoe trip on the Rapti River with crocodiles and waterbirds
- Guided jungle walk and a jeep safari for one-horned rhino and deer
- Tharu cultural programme in the village to end the day

14 Drive from Chitwan back to Kathmandu

- Morning wildlife activity or birdwatching before you leave
- Scenic drive back up to the capital along the Trishuli
- The journey ends on the road into Kathmandu

INCLUSIONS

What's included

Included

- Private transport for every drive
- Licensed guide on the ten trek days
- Eleven lodge nights on the trek, with meals
- Two nights, 3-star hotel in Sauraha, with breakfast
- Chitwan park entry, canoe, jungle walk, safari, Tharu show
- Langtang National Park entry

Not included

- Day 14 morning activity, meals in Chitwan
- 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

$940 / person

1 person	$1,471 / person
2 people	$1,051 / person
3 people	$940 / 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.

uncover nepal

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.