

Langtang Valley Gosainkunda Trek

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Langtang Valley Gosainkunda Trek. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

The Langtang Valley Gosainkunda Trek is a diverse and culturally rich journey that combines stunning alpine landscapes with sacred Himalayan lakes. Beginning in the beautiful Langtang Valley, the trail passes through traditional Tamang villages, dense forests of rhododendron and pine, and wide glacial valleys surrounded by snow-capped peaks. As the trek progresses toward the sacred lakes of Gosainkunda (4,380 m/14,370 ft), the scenery becomes more dramatic and rugged, offering breathtaking mountain panoramas and spiritual significance. This trek is ideal for those seeking a less crowded alternative to the Everest and Annapurna regions while still experiencing authentic culture, high-altitude adventure, and spectacular Himalayan views.

Day 1: Drive from Kathmandu to Syabrubesi (1,500m/4,921ft).

Day 2: Trek from Syabrubesi to Lama Hotel (2,350m/7,710ft).

Day 3: Trek from Lama Hotel to Langtang Village (3,430m/11,253ft).

Day 4: Acclimatization day in Langtang Village. Optional hike to Kyanjin Ri base.

Day 5: Trek from Langtang Village to Kyanjin Gompa (3,870m/12,697ft).

Day 6: Hike to Kyanjin Ri (4,773m/15,659ft) and return to Kyanjin Gompa.

Day 7: Trek from Kyanjin Gompa to Lama Hotel.

Day 8: Trek from Lama Hotel to Syabrubesi.

Day 9: Drive from Syabrubesi to Dhunche (1,950m/6,398ft).

Day 10: Trek from Dhunche to Sing Gompa (2,530m/8,297ft).

Day 11: Trek from Sing Gompa to Ghopte (3,120m/10,236ft).

Day 12: Trek from Ghopte to Gosainkunda Lake (4,380m/14,370ft).

Day 13: Hike around Gosainkunda Lake and optional Lauribina La pass (4,610m/15,121ft), return to Gosainkunda.

Day 14: Trek from Gosainkunda to Dhunche (1,950m/6,398ft) and drive to Kathmandu (1,400m/4,593ft).

Highlights

- Scenic drive through Bhoite Koshi, Trishuli, and Langtang valleys.
- Traditional Tamang villages, monasteries, and local culture.
- Rhododendron, pine, and alpine forests.
- Kyanjin Gomba monastery and Kyanjin Ri summit for 360° Himalayan views.
- Sacred alpine lakes at Gosainkunda revered in Hinduism and Buddhism.
- Panoramic mountain views including Langtang Lirung, Ganesh Himal, and surrounding peaks.
- Remote trekking experience with fewer crowds.
- Option to cross Lauribina La pass for additional high-altitude adventure.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

The trek passes through high-altitude areas where oxygen levels decrease, making proper acclimatization essential to avoid altitude-related illnesses.

Key Altitudes:

- Syabrubesi: 1,500m/4,921ft
- Lama Hotel: 2,350m/7,710ft
- Langtang Village: 3,430m/11,253ft
- Kyanjin Gomba: 3,870m/12,697ft

- Kyanjin Ri: 4,773m/15,659ft
- Dhunche: 1,950m/6,398ft
- Sing Gompa: 2,530m/8,297ft
- Ghopte: 3,120m/10,236ft
- Gosainkunda Lake: 4,380m/14,370ft
- Lauribina La Pass: 4,610m/15,121ft

Acclimatization Tips:

- Ascend gradually and avoid rapid increases in elevation.
- Drink plenty of water to stay hydrated.
- Avoid alcohol and smoking, which can exacerbate altitude sickness.
- Eat a high-calorie diet to maintain energy.
- Listen to your body—rest if you feel symptoms like headache, nausea, or dizziness.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet provides essential details for your Langtang Valley Gosainkunda Trek, including a day-by-day itinerary, highlights, packing list, altitude information, and safety tips. By following these guidelines, you can ensure a safe and unforgettable adventure in the Himalayas.