

# Langtang Valley and Gosainkunda Trek

Before you go · last checked on 10 October 2026

## At a glance

|               |                                 |
|---------------|---------------------------------|
| Days          | 13 days, Kathmandu to Kathmandu |
| Highest point | 4,773 m (Kyanjin Ri)            |
| Grade         | Moderate                        |
| Starts        | Kathmandu                       |
| Ends          | Kathmandu                       |
| Best season   | Spring and autumn               |
| Sleeping      | Teahouses (family lodges)       |

## Is this walk for you?

It suits you if:

- You have two weeks and want mountains, villages and a sacred lake in one walk.
- You can walk 5 to 6 hours a day, with long climbs.
- You don't want a flight. Both ends are reached by road.
- You like Tamang villages, monasteries and quiet forest.

Think twice if:

- You want to cross a high pass. This walk has none.
- Long, steep climbs and descents hurt your knees.
- Long, winding drives make you unwell. Both drives are 6 to 8 hours.
- You have a heart or lung condition. Please ask your doctor before you write to me.

## The honest downsides

- The drives to Syabrubesi and back from Dhunche are long and winding, and slow after rain.
- Some of the trail is walked twice: back down the Langtang valley, and down from the lakes to Sing Gompa.
- The climb from Thulo Syabru to Sing Gompa gains over 1,100 m in a day; we walk it slowly.
- In winter snow can make the path to the lakes difficult, and some lodges close.
- Lodges at Gosainkunda are simple and cold.

## When to walk it

|      |      |      |      |      |     |     |     |      |      |      |      |
|------|------|------|------|------|-----|-----|-----|------|------|------|------|
| Jan  | Feb  | Mar  | Apr  | May  | Jun | Jul | Aug | Sep  | Oct  | Nov  | Dec  |
| Cold | Good | Best | Best | Good | Wet | Wet | Wet | Good | Best | Best | Good |

October and November have the clearest skies; March and April bring the rhododendrons in the forest. In winter the lakes freeze and the path can be icy, so please ask me first. In August, Janai Purnima brings thousands of pilgrims to Gosainkunda in the rain.

## Permits and papers

One permit is needed: the Langtang National Park entry permit.

I arrange it with you in Kathmandu, through the registered trekking company I work with, at the official price. It can also be bought at the park office in Dhunche. Bring your passport.

The permit is checked at Dhunche and on the trail.

- ☐ Passport, valid for at least six months, and a copy
- ☐ Your Nepal visa
- ☐ Passport photos for the permits
- ☐ Travel insurance that covers trekking at this altitude and helicopter rescue

## For your budget

My guide fee for this walk is about \$ 35 a day, the same for 1 to 5 people.

A porter, if you hire one: about the same as a guide's day rate. Permits, transport, rooms and meals are paid separately, at cost.

| What                                            | Paid to                                                | About                     | Note                                              |
|-------------------------------------------------|--------------------------------------------------------|---------------------------|---------------------------------------------------|
| Guide (me)                                      | Rujan Neupane                                          | My day rate × 13 days     | One rate for 1 to 5 people                        |
| Langtang National Park permit                   | Department of National Parks and Wildlife Conservation | NPR 3,000                 | Official price, paid at cost                      |
| Jeep or bus to Syabrubesi and back from Dhunche | The driver or bus company                              | The local fare            | Shared or private, you choose; paid at cost       |
| Lodges and meals                                | Family lodges on the trail                             | What the lodge charges    | You pay the lodges directly; I never add anything |
| Hot showers, charging, Wi-Fi                    | The lodges                                             | A few hundred rupees each | Paid as you use them                              |

## What to pack

### MODERATE GRADE PACKING LIST

For multi-day mountain treks reaching up to about 5,500 m with gradual elevation gain.

#### General

- ☐ Daypack: 30L–35L capacity
- ☐ Duffel bag: 60L–70L waterproof duffel bag
- ☐ Sleeping bag: 3-Season bag rated to 0°C / -5°C
- ☐ Trekking poles: Adjustable aluminum/carbon poles
- ☐ Headlamp: 200+ lumen headlamp with extra batteries
- ☐ Hydration: 2x 1L water bottles or hydration bladder
- ☐ Water treatment: Purification tablets or portable filter

#### Head & Face

- ☐ Sun hat & Warm beanie: Both sun cap and fleece beanie
- ☐ Sunglasses: UV400 protective sunglasses

- ☐ Buff / Scarf: Neck gaiter for wind and dust protection
- ☐ Sunscreen & Lip balm: SPF 50+ sunscreen and SPF lip balm

#### Upper Body

- ☐ Base layers: 2–3x Long-sleeve thermal/merino tops
- ☐ Mid-layer: Fleece jacket or lightweight synthetic down
- ☐ Down jacket: Medium-weight down jacket
- ☐ Outer shell: Waterproof/windproof hard shell jacket

#### Hand & Lower Body

- ☐ Gloves: Lightweight windproof fleece gloves
- ☐ Base layer bottoms: 1x Thermal tights
- ☐ Trekking pants: 2x Quick-dry softshell trekking pants
- ☐ Shell pants: Lightweight waterproof overpants

#### Footwear

- ☐ Footwear: Mid-cut waterproof trekking boots (broken-in)
- ☐ Camp shoes: Light sandals or trail sneakers
- ☐ Socks: 4x Merino wool trekking socks

#### Backpack, Electronics & Care

- ☐ Gear org: Rain cover and waterproof dry bags
- ☐ Docs & Cash: Permits, insurance, & local cash
- ☐ Electronics: Phone, camera, & 10,000–20,000 mAh power bank
- ☐ Toiletries: Travel kit, quick-dry towel, & sanitizing wipes
- ☐ Medical: First-aid kit, blister plasters, & altitude consult meds