



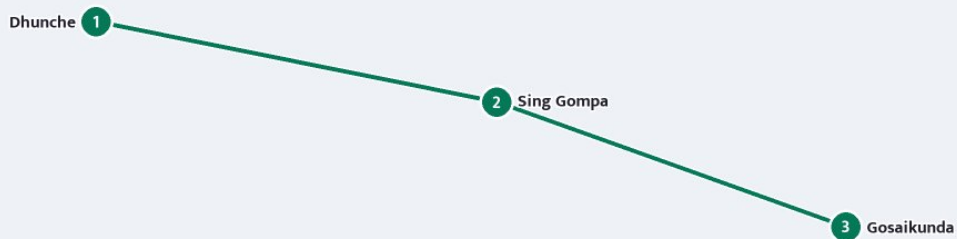
Gosaikunda Lake Trek

A short, high trek from Kathmandu to the sacred alpine lakes of Gosaikunda (4,380 m) in Langtang National Park. Climb through rhododendron and fir forest past the Sing Gompa monastery to a basin of glacial lakes revered by Hindus and Buddhists, with views of Langtang Lirung, Ganesh Himal and the Annapurnas on the way.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
6 days	Challenging	4,380 m	1-12

HIGHLIGHTS

- The sacred Gosaikunda Lakes (4,380 m)
- Views of Langtang, Ganesh Himal and Annapurna
- Sing Gompa monastery and cheese factory
- Rhododendron and fir forests
- Thousands of pilgrims at the Janai Purnima festival (August)
- No flights: starts with a drive from Kathmandu



AT A GLANCE

1. Teahouse in Dhunche	1 night	4. Teahouse in Sing Gumpa	1 night
2. Teahouse in Sing Gumpa	1 night	5. Teahouse in Dhunche	1 night
3. Teahouse in Gosaikunda	1 night		

Highest night: 4,380 m

DAY BY DAY

1

Drive Kathmandu to Dhunche (1,960 m)

A scenic 6-hour drive north to Dhunche, the headquarters of Langtang National Park.

1,960 m · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dhunche

2

Trek to Sing Gumpa (3,330 m)

A steady climb through forest to the monastery and cheese factory of Sing Gumpa (Chandanbari).

3,330 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Sing Gumpa

3

Trek to Gosaikunda (4,380 m)

Climb past Laurebina with wide mountain views to the sacred lakes, arriving in the early afternoon.

4,380 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Gosaikunda

4

Sunrise at the lakes, trek to Sing Gompa (3,330 m)

Walk around the lakes at sunrise, then descend the way you came.

4,380 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Sing Gompa

5

Trek to Dhunche (1,960 m)

Descend through the forest back to Dhunche.

1,960 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dhunche

6

Drive back to Kathmandu

Drive back to Kathmandu and transfer to your hotel.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED

Included

- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Hotel pick-up and drop-off in Kathmandu

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Langtang National Park entry permit. It is included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Is the altitude gain too fast?

The climb from Dhunche to Gosaikunda is steep. Your guide watches for symptoms closely, and we can add a night at Laurebina for a gentler ascent at no extra cost.

Can I combine Gosaikunda with Langtang?

Yes. A 12-day itinerary links the Langtang Valley and Gosaikunda via Thulo Syabru. Ask us for details.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/gosaikunda-lake-trek

Questions? hello@tripnep.io