



Bridge Nepal Treks & Travels

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Langtang Valley, Kyanjin Ri & Gosaikunda Trek | Outdoor Adventure Trek in Nepal

Price	1300.00
Duration	N/A
Location	Nepal

Tour Overview

Trek Overview: Langtang Valley, Kyanjin Ri & Gosaikunda Trek

This trek is a perfect combination of natural beauty, mountain adventure, and spiritual experience in the Langtang region of Nepal. It connects the peaceful Langtang Valley with the sacred alpine lake of Gosaikunda through scenic forests, traditional villages, high ridges, and dramatic Himalayan landscapes.

The journey begins with a drive from Kathmandu into the foothills and continues through beautiful trails surrounded by rivers, bamboo forests, and snow-covered peaks. As you move higher, the landscape changes from green valleys to open alpine terrain with stunning views of Langtang Lirung, Ganesh Himal, and surrounding peaks.

Kyanjin Ri offers one of the best panoramic viewpoints in the region, where you can witness glaciers, deep valleys, and endless mountain ranges at sunrise. Later, the trek continues toward the holy Gosaikunda Lake, a sacred site for both Hindus and

Buddhists, known for its crystal-clear water and peaceful mountain setting.

This trek is not only about walking in the Himalayas, but also about experiencing local Tamang culture, traditional mountain lifestyle, and spiritual landscapes that leave a lasting impression.

It is a well-balanced trek suitable for those who want adventure, cultural immersion, and high-altitude beauty in one journey.

Why This Trek is Special - Bridge Nepal Treks and Travels

This trek is special because it combines the best of Nepal in one journey beautiful Langtang Valley, the stunning viewpoint of Kyanjin Ri, and the sacred Gosaikunda Lake. Each day offers changing landscapes, from green forests and rivers to high mountains and glaciers.

It is also rich in culture, where you experience the warm hospitality of Tamang villages, traditional lifestyle, and peaceful monasteries along the way.

With Bridge Nepal Treks and Travels, the journey becomes safer, smoother, and more meaningful, guided by experienced local experts who ensure comfort, care, and unforgettable Himalayan experiences.

Altitude Details

Kathmandu: 1,400 m

Syabrubesi: 1,550 m

Lama Hotel: 2,470 m

Langtang Village: 3,430 m

Kyanjin Gompa: 3,870 m

Kyanjin Ri (Hike): 4,770 m

Thulo Syabru: 2,250 m

Sing Gompa (Chandanbari): 3,330 m

Gosaikunda Lake: 4,380 m

Laurebina Pass: 4,610 m

Ghopte: 3,430 m

Sundarikal: 1,350 m

Important Safety Tips

Ascend slowly to allow proper acclimatization.

Drink plenty of water every day.

Avoid alcohol, smoking, and heavy meals at high altitude.

Keep your body warm with proper layered clothing.

Inform your guide immediately if you feel unwell.

Do not skip rest or acclimatization days.

Use sunscreen and sunglasses at higher elevations.

Follow your guide's instructions at all times.

Maintain a steady walking pace—don't rush.

Things Trekkers Should Be Aware Of :

Altitude sickness can affect anyone, regardless of fitness level.

Weather can change quickly in the mountains.

Mobile network may not be available in remote areas.

Trails can be steep, rocky, and physically demanding.

Proper trekking boots are essential for safety.

Carry cash, as ATMs are not available in trekking regions.

Respect local culture, monasteries, and traditions.

How Bridge Nepal Treks and Travels Ensures Your Safety

Experienced and licensed local guides with high-altitude training

Daily health monitoring during the trek

Proper acclimatization planning in the itinerary

First aid kit carried by guide at all times

Emergency communication support where available

Careful decision-making in case of weather or health risks

Assistance in evacuation if required in emergency situations

Friendly guidance and continuous support throughout the journey

With Bridge Nepal Treks and Travels, your safety is always the top priority so you can focus on enjoying the Himalayas with confidence and peace of mind.

Trip Highlights

- Explore the spectacular beauty of the Langtang Valley, one of Nepal's most beautiful Himalayan destinations.
- Experience the perfect combination of mountain adventure, cultural discovery, and spiritual pilgrimage in a single trek.
- Enjoy breathtaking panoramic views from Kyanjin Ri, one of the finest viewpoints in the Langtang region.
- Visit the sacred Gosaikunda Lake, a revered alpine lake surrounded by stunning Himalayan scenery.
- Cross the spectacular Laurebina Pass at 4,610 meters with unforgettable mountain vistas.
- Trek through beautiful rhododendron, bamboo, and pine forests rich in natural beauty and wildlife.
- Discover the unique culture, traditions, and warm hospitality of the Tamang people.
- Visit ancient monasteries, prayer walls, and sacred Buddhist sites along the trail.
- Witness magnificent views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, and surrounding Himalayan peaks.
- Explore the traditional mountain settlements of Langtang Village, Kyanjin Gomba, Thulo Syabru, and Sing Gomba.
- Walk alongside glacial rivers, waterfalls, alpine meadows, and breathtaking mountain landscapes.
- Enjoy a less crowded and more authentic trekking experience compared to many popular trekking routes in Nepal.
- Stay in traditional teahouses and experience genuine Himalayan mountain hospitality.
- Suitable for trekkers seeking nature, culture, photography, spirituality, and adventure in one journey.
- Create lifelong memories in one of Nepal's most rewarding trekking regions.
- Experience the Himalayas with the trusted care, local expertise, and 24/7 emergency service of Bridge Nepal Treks and Travels.

Detailed Itinerary

Day 1: Arrival in Kathmandu Kathmandu

Your Himalayan journey begins in the cultural heart of Nepal. Upon arrival, you will be warmly welcomed and transferred to your hotel. The city offers a vibrant mix of heritage, temples, and busy streets. This day is kept for rest and light preparation for the trek ahead. In the evening, a briefing will help you understand the full journey.

Activities:

Airport pickup and welcome assistance

Hotel check-in and rest

Trek briefing and itinerary explanation

Equipment and gear check guidance
Short walk around nearby area (optional)
Night Stay: Hotel in Kathmandu

Day 2: Kathmandu to Syabrubesi Syabrubesi

Today, the journey moves from city life into the peaceful Himalayan foothills. The drive follows winding roads along rivers and green hills. Small villages and terraced farms reflect rural Nepali life. As you approach Syabrubesi, the mountains feel closer and more dramatic. This village marks the official starting point of your trek.

Activities:

Scenic drive through hills and rivers
Photography stops along the route
View of Trishuli River landscapes
Passing traditional villages and terraces
Arrival and preparation in trekking gateway town

Night Stay: Teahouse in Syabrubesi

Drive Duration: 7-8 hours drive

Altitude: 1,550 m

Day 3: Syabrubesi to Lama Hotel Lama Hotel

The trekking adventure officially begins today. The trail follows the Langtang River through dense forests and suspension bridges. The sound of flowing water and birds creates a peaceful atmosphere. Gradually, the trail climbs deeper into the valley. By evening, you reach the quiet settlement of Lama Hotel.

Activities:

Trek through forest and riverside trail
Cross suspension bridges
Wildlife and bird watching
Small waterfalls and natural scenery
Gradual uphill hiking experience

Night Stay: Teahouse in Lama Hotel

Trek/Drive Duration: 6-7 hours trek

Altitude: 2,470 m

Day 4: Lama Hotel to Langtang Village Langtang Village

The trail opens up today, revealing wider valleys and mountain views. Forests slowly give way to alpine landscapes and yak pastures. You will pass small settlements and open grazing areas along the way. The cultural atmosphere becomes more visible as you approach Langtang Village. This rebuilt village stands strong with inspiring resilience.

Activities:

Trek through changing landscapes (forest to alpine)

Mountain and valley views

Pass yak grazing fields

Visit small settlements on the way

Explore Langtang Village cultural setting

Night Stay: Teahouse in Langtang Village

Trek/Drive Duration: 6-7 hours trek

Altitude: 3,430 m

Day 5: Langtang Village to Kyanjin Gompa Kyanjin Gompa

A shorter and peaceful trekking day leads you deeper into the valley. Prayer flags, mani walls, and monasteries create a spiritual environment. Snow-capped peaks surround you in every direction. Kyanjin Gompa offers one of the most beautiful settings in the entire region. The rest of the day is for exploration and acclimatization.

Activities:

Easy and scenic trek

Visit monasteries and prayer sites

View glaciers and mountain panoramas

Explore cheese factory (optional)

Acclimatization walk around village

Night Stay: Teahouse in Kyanjin Gompa

Trek Duration: 3-4 hours trek

Altitude: 3,870 m

Day 6: Hike to Kyanjin Ri and back to Kyanjin Gomba Kyanjin Ri

An early morning hike takes you to one of the best viewpoints in the region. From the top, you witness breathtaking Himalayan peaks and glaciers. The sunrise view creates unforgettable memories. After spending time at the summit, you descend back to the village. The rest of the day is relaxed and peaceful.

Activities:

Early morning sunrise hike

Panoramic Himalayan views

Photography of glaciers and peaks

Meditation and relaxation at viewpoint

Return and rest in Kyanjin Gomba

Night Stay: Teahouse in Kyanjin Gomba

Trek Duration: 3-5 hours hike

Altitude: 4,770 m

Day 7: Descend to Lama Hotel Lama Hotel

Today you retrace your steps downhill through beautiful landscapes. The return journey gives a new perspective of forests and valleys. The trail is easier but longer, allowing time to enjoy nature. Rivers, birds, and greenery accompany you throughout the day. You return to Lama Hotel for rest.

Activities:

Downhill trekking through forest trails

River valley walk and scenery

Photography of landscapes from return angle

Relaxed walking pace

Rest stops in natural surroundings

Night Stay: Teahouse in Lama Hotel

Trek Duration: 6-7 hours trek

Altitude: 2,470 m

Day 8: Lama Hotel to Thulo Syabru Thulo Syabru

The trail today moves through forested ridges and hillside villages. You experience peaceful rural life away from crowded trails. The route includes both ascents and descents. Beautiful valley views appear along the way. Thulo Syabru welcomes you with calm mountain scenery.

Activities:

Ridge and forest trekking

Walk through local villages

Scenic valley viewpoints

Cultural interaction with locals

Gentle uphill and downhill hiking

Night Stay: Teahouse in Thulo Syabru

Trek/Drive Duration: 5-6 hours trek

Altitude: 2,250 m

Day 9: Thulo Syabru to Chandanbari (Sing Gompa) Sing Gompa

Today's trail climbs steadily through pine and rhododendron forests. The air becomes cooler and fresher as you gain altitude. You may visit local monasteries along the way. Chandanbari is known for its cheese factory and peaceful environment. It is a perfect stop before Gosaikunda.

Activities:

Trek through dense pine forests

Visit monasteries on route

Gradual altitude gain experience

Explore cheese factory (optional)

Enjoy peaceful mountain settlement

Night Stay: Teahouse in Chandanbari

Trek Duration: 5-6 hours trek

Altitude: 3,330 m

Day 10: Chandanbari to Gosaikunda Lake Gosaikunda Lake

A spiritually powerful and challenging day takes you to sacred Gosaikunda Lake. The trail offers dramatic mountain views and rocky alpine terrain. As you reach the lake, the beauty feels deeply peaceful and divine. The surrounding mountains reflect beautifully on the water surface. It is one of the most memorable highlights of the trek.

Activities:

High-altitude alpine trekking
Visit sacred Gosaikunda Lake
Explore surrounding smaller lakes
Enjoy Himalayan panorama views
Spiritual and peaceful reflection time

Night Stay: Teahouse near Gosaikunda

Trek Duration: 6-7 hours trek

Altitude: 4,380 m

Day 11: Laurebina Pass to Ghopte Laurebina Pass Ghopte

Today is one of the toughest and most rewarding sections of the trek. The early morning climb to Laurebina Pass offers breathtaking Himalayan views. After crossing the pass, the trail descends into remote forest areas. The journey feels adventurous and wild. By evening, you arrive at Ghopte for rest.

Activities:

High mountain pass crossing
Panoramic Himalayan photography
Long descent through forests
Remote wilderness trekking experience
Arrival at isolated mountain settlement

Night Stay: Teahouse in Ghopte

Trek Duration: 6-7 hours trek

Altitude: 4,610 m (pass) / 3,430 m (Ghopte)

Day 12: Ghopte to Sundarijal and Drive to Kathmandu Sundarijal Kathmandu

The final trekking day leads you through forests, waterfalls, and rural trails. The descent gradually brings you back to lower altitudes. You will experience the transition from wilderness to village life. From Sundarijal, a short drive returns you to Kathmandu. The journey ends with celebration and rest.

Activities:

Final descent trekking
Walk through forests and waterfalls
Cross traditional villages

Scenic rural landscape views

Drive back to Kathmandu

Night Stay: Hotel in Kathmandu

Trek/Drive Duration: 7-8 hours trek + 1 hour drive

Altitude: 1,350 m

Day 13: Departure Day Kathmandu

Your Himalayan journey comes to an end today. After breakfast, you will be transferred to the airport. This marks the completion of a memorable adventure through Langtang and Gosaikunda. You leave with unforgettable landscapes, culture, and spiritual experiences. Safe travels and hope to see you again in Nepal.

Activities:

Hotel check-out

Airport transfer

Final assistance from Bridge Nepal Treks and Travels team

Included Services

- Airport pick-up and drop-off service in a private vehicle.
- Hotel accommodation in Kathmandu before and after the trek.
- Transportation from Kathmandu to Syabrubesi and from Sundarijal back to Kathmandu.
- Comfortable teahouse/lodge accommodation during the trek.
- Breakfast, lunch, and dinner throughout the trekking period.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service to help carry your trekking equipment.
- Langtang National Park Entry Permit and TIMS Card.
- Guide and porter salary, accommodation, meals, insurance, and transportation.
- First aid kit and basic medical support during the trek.
- Trek briefing and safety information before departure.
- All government taxes and company service charges.
- Full support and assistance from Bridge Nepal Treks and Travels throughout the trek.

Excluded Services

- International airfare and Nepal. Nepal entry visa fee.
- Travel insurance and emergency evacuation coverage
- Personal trekking gear and equipment.

- Personal expenses and beverages
- Tips for guides and porters
- Any services that are not mentioned in Included section

Fixed Departure Dates

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Frequently Asked Questions

Q: Is the Langtang Valley, Kyanjin Ri & Gosaikunda Trek difficult?

This trek is considered moderate to challenging due to high altitude and long walking days. With proper preparation and gradual ascent, most fit trekkers can complete it successfully.

Q: What is the highest altitude of this trek?

The highest points are Kyanjin Ri (4,770 m) and Laurebina Pass (4,610 m).

Q: Do I need previous trekking experience?

Previous trekking experience is helpful but not mandatory. Good fitness and mental preparation are more important.

Q: How many days does this trek take?

The full trek takes 13 days, including arrival and departure from Kathmandu.

Q: What is the best season for this trek?

The best seasons are spring (March–May) and autumn (September–November) when the weather is clear and views are stunning.

Q: Is altitude sickness a risk?

Yes, altitude sickness can occur above 3,000 m. That's why our itinerary includes proper acclimatization and gradual ascent.

Q: How does Bridge Nepal Treks and Travels ensure safety?

We provide experienced guides, daily health monitoring, emergency support, proper acclimatization planning, and first aid assistance throughout the trek.

Q: What kind of accommodation is available?

You will stay in comfortable local teahouses and lodges with basic but clean facilities.

Q: What food is available during the trek?

You will get fresh, hygienic meals including dal bhat, noodles, rice, soups, eggs, and vegetarian options.

Q: Do I need a guide for this trek?

Yes, a licensed guide is highly recommended for safety, navigation, and cultural experience.

Q: Is drinking water available on the trail?

Yes, but it is recommended to use boiled, filtered, or purified water for safety.

Q: What permits are required?

You need Langtang National Park Permit and TIMS card, which we arrange for you.

Q: Can I charge my phone or camera during the trek?

Yes, but charging may be available at extra cost in teahouses at higher altitudes.

Q: Is there internet or mobile network on the trek?

Network is available in some villages but becomes weak or unavailable in higher regions.

Q: What should I pack for this trek?

Warm clothing, trekking boots, rain jacket, gloves, sunglasses, sunscreen, and a personal first aid kit are essential.

Q: How fit should I be for this trek?

You should be able to walk 5-7 hours daily with moderate uphill and downhill sections.

Q: Is solo trekking allowed in this region?

Solo trekking is not recommended due to safety rules and high-altitude risks. A guide is required.

Q: What happens in case of emergency?

Our team provides immediate support, communication assistance, and evacuation coordination if needed.

Q: Can I customize this trek?

Yes, Bridge Nepal Treks and Travels can fully customize the itinerary based on your time, fitness, and preference.

Q: Why should I choose Bridge Nepal Treks and Travels?

Because we are a government-registered trekking company in Nepal with experienced local guides and strong safety standards. We focus on safe travel, authentic experiences, and personalized service, ensuring every trekker enjoys a smooth, well-organized, and memorable Himalayan journey.

Q: How can I book this trek?

Booking is very simple. You can contact us directly through WhatsApp, email, or phone. After sharing your travel dates and group details, we will provide the full itinerary and cost. Once confirmed with a small advance payment, or Cash on Arrival, we handle everything including permits, guide, accommodation, and full trek arrangements.

Q: Will I get support before starting the trek?

Yes. We provide a full pre-trek briefing including packing guidance, safety instructions, weather updates, and route information so you are fully prepared before starting the journey.

Q: What payment methods are accepted?

We accept secure payments via bank transfer or cash in Kathmandu. A small advance confirms your booking, and the remaining amount can be paid before or after arrival as per agreement.

Trip Information

- About The Trek

Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

