

Gosaikunda Trek - 5 Days

Exposed to the breathtaking sceneries of the grand Himalayas, Lake Gosainkunda remains one of the most exquisite locations on the planet. In this Gosainkunda Trek, you will have an opportunity to witness the finest glimpses of the Himalayan lakes and their inspiring vistas. On the way, you will come across some of the elegant Chortens and Mani walls, which invite a peaceful and serene atmosphere. The monastery of Shin Gompa puts a classic touch on the trek to Gosainkunda. Overall, it is fascinating.

The Gosainkunda Trek can be attempted at any time of the year, except during the monsoon season (June, July, August) and the winter months (December, January, February). In the monsoon, the trails become slippery because of the rainwater. So, it is not suitable. Similarly, in the winter, the excessive cold makes Gosainkunda inaccessible, so cold that the lake freezes over. Within 5 days, you will be in Kathmandu again. This is the most incredible short-day trek from Kathmandu that anyone with healthy bones can attempt.

Beginners are fine with this trek. [Contact us](#) for further information.

Planning a trek to Gosainkunda:

Planning a trek to Gosainkunda in Nepal is an exhilarating adventure that requires careful preparation. Plan your trekking itinerary carefully, typically including stops at Dhunche, Shin Gompa, Laurebina, Gosainkunda, and Chandanbari, adjusting it to your pace and preferences.

Acclimatization is essential to avoid altitude sickness, so allocate at least one extra day at Gosainkunda or another high point to allow your body to adjust. Prioritize safety during your trek by carrying a fully charged mobile phone and informing someone of your plans. Lastly, savour the journey by immersing yourself in the stunning Himalayan vistas, lush forests, and local culture along the way. Remember to be environmentally conscious, leaving no trace of your presence, and enjoy the natural beauty that the Gosainkunda Trek has to offer.

The Best time to do the Gosainkunda Trek:

Autumn (September, October, and November) is the best time for the Gosainkunda Trek. The weather is stable, the skies are clear, and the temperatures are comfortable for trekking. The trails are dry, offering good grip, and you can enjoy stunning views of the Himalayas. This is also a peak trekking season, so you may find other trekkers to join along the way.

Spring (March, April, and May) is another excellent time for the trek. The weather is warm, and the rhododendron forests along the lower trails are in full bloom, adding to the beauty of the trek. While avalanches are a concern in higher-altitude regions like the [Everest](#) and [Annapurna](#) areas, they are not a significant issue on the Gosainkunda Trek.

Monsoon (June, July, and August) is not recommended due to heavy rainfall, slippery trails, and leeches in the lower regions. The clouds often block mountain views, reducing the trek's scenic appeal.

Winter (December, January, and February) can be extremely cold, with heavy snowfall making the trail difficult, especially near the Gosaikunda Lake at 4,380m. However, for experienced trekkers prepared for harsh conditions, winter offers a serene and less crowded experience.

Food and Accommodations during the trek

Throughout the Gosaikunda Trek, you'll find a network of teahouses and lodges in the villages along the trail. These provide accommodation and meals for trekkers. The quality and comfort of teahouses can vary, but most offer basic amenities such as beds with blankets, shared bathrooms (often squat toilets), and communal dining areas.

Remember that facilities may become more basic as you ascend to higher altitudes. Hot showers may not always be available, and heating can be limited at higher elevations.

You can also find a variety of food options, but it is recommended to consult your guide for better and hygienic options.

Transportation to reach Gosaikunda

The most common way to reach Dhunche, the starting point for the Gosaikunda Trek, is by taking a local bus. Buses depart from the [Gongabu Bus Park](#) in Kathmandu. The journey typically takes around 7-9 hours, depending on road conditions, and offers scenic views along the way. And if you prefer a much more comfortable or faster option, you can also opt for a private vehicle. After reaching Dhunche, we will begin our journey on foot and trek through lush forests, villages, and scenic landscapes to reach Gosaikunda and its surrounding areas.

Necessary Permits & TIMS:

To trek to Gosaikunda in Nepal, you will need to obtain the necessary permits, including the [Langtang National Park](#) permit and local area permit. These permits are essential to ensure your safety, track trekkers in the region, and support local conservation efforts.

Langtang National Park permit:

Cost: Nrs 3000 per person.

PRICE INCLUDES

- Airport pickup and drop service
- Accommodation 3 nights in Kathmandu ([Hotel Chhimeki](#))
- All food during the trek (B, L, D)
- Accommodation during the trek
- Transportation costs: Comfortable Drive from Kathmandu to Trekking Starting/Ending Point by Local Jeep, by car, or local bus. (depending upon the price and group size)
- Government license holder English-speaking trekking guide.
- Guide salary, lodging, food, and insurance.
- Langtang National Park permit and TIMS card
- First aid medical box
- T-shirt, Duffel Bag, and Trekking Map with company logo
- Rescue Management Service
- All Tax (13% VAT and 10% service charge)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks
- Visa fee to enter Nepal
- International flight tickets
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 15 to 17kg).
- All required trekking gear like sleeping bags and down jacket made available on rent.
- Porter.
- Travel insurance/ Rescue operation costs
- All personal expenses
- Tip for guides and porters

ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Dhunche (1,960 m)

Choose one of the two route options to reach Dhunche: via Kakani or Galchi. While the road via Galchi takes around 7 hours to reach Dhunche, the Kakani route takes a bit less.

The views from Kakani are far off better than those from the Galchi route, particularly the reminiscing views of the Ganesh Himal. So, choose a suitable option for you. Plus, it is better to avoid the bus option and hire a jeep instead (although a bit expensive) because the conditions of the bus are disagreeable.

Day 2: Trek to Chandanbari or Shin (sing) Gompa (3,330 m)

The first day of the Gosaikunda trek is going to be interesting. You will go past the Shiva Temple and rise to a heightened village named Deurali. From here, the downward valleys and hills appear mesmerizing. Proceed along the ups and downs until you enter a quaint forest below the Shin (sing) Gompa.

This forest walk will take some time, but it is worth walking on the silent trails of the jungle. The chirping birds and colourful butterflies enhance the interesting part of the journey. Soon, you will arrive at the wonderful village of Chandanbari with a popular Shin Gompa (monastery).

Day 3: Trek to Gosaikunda (4,380 m)

A long day to Gosaikunda Lake begins by crossing a fabulous Kani Gate at Chandanbari. Within about 10 minutes, you will begin to notice the trails being exposed to the vast panorama of wild beauties, especially the peak of Ganesh Himal. The fleeting glimpses of the Langtang range also add flavour to the journey. As you cross the nice and warm village of Cholangpati, the beauty of the Langtang opens up.

The gorgeous vistas of the Himalchuli Peak, Annapurna range, and Langtang range grace the pathways to introduce the real definition of mountains. Once you reach Laurebina, you will observe some distant views of the lakes in the Gosaikunda.

The first lake that you will meet is the Saraswati Kunda and then, the Bhairav Kunda, and finally the Gosaikunda. They are clean and sublime. Because of the tiny glacial matter, this lake appears turquoise in color. The surrounding hills are fascinating and give a slight space for the Ganesh Himal to bless your soul. It is indeed very much exquisite.

Day 4: Trek to Dhunche (1,960 m)

From Gosaikunda, we will retrace our steps back to the Dhunche. Despite having crossed the trail before, the path to Dhunche surprises you in the same way as you were surprised before. The views are simply excellent. Once you arrive at the Dhunche, explore some side street vendors.

Day 5: Drive back to Kathmandu

From Dhunche, catch a scenic drive to Kathmandu.

FAQ

1. What is the Gosaikunda Trek?

The Gosaikunda Trek is a short but spectacular trek in Nepal's Langtang region that takes you to the sacred alpine lake of Gosaikunda and offers views of Himalayan peaks and cultural experiences along the trail.

2. How long is the trek and what is the itinerary like?

Typically it's a 5-day trek starting and ending in Kathmandu, beginning with a drive to Dhunche and trekking through forests, villages, and alpine landscapes to reach Gosaikunda before returning.

3. What is the highest point of the trek?

The trek reaches around 4,380 m at Gosaikunda Lake, with some itineraries potentially going slightly higher on surrounding ridges.

4. How difficult is the Gosaikunda Trek?

It's considered easy to moderate for trekkers with reasonable fitness, but altitude gain, steep sections, and long walking days can make it challenging for beginners.

5. What fitness level do I need?

A good level of fitness is recommended since you'll walk 5–8 hours a day with significant altitude gain — training with cardio and longer hikes before the trip helps.

6. Do I need previous trekking experience?

No previous trekking experience is strictly required, but basic hiking fitness and some acclimatization awareness are important.

7. Is altitude sickness a concern?

Yes — because you will reach elevations above 4,000 m, altitude sickness is possible. Proper pacing, hydration, and acclimatization are crucial.

8. What safety precautions should I take?

Carry a first-aid kit, stay properly hydrated, ascend slowly, know symptoms of altitude sickness, and consider travel insurance that covers helicopter evacuation for emergencies.

9. When is the best season to do the trek?

The best times are autumn (Sept–Nov) and spring (Mar–May) when weather is clear and stable. Monsoon rains (Jun–Aug) and winter snow (Dec–Feb) can make the trail slippery and cold.

10. How is the weather on the trail?

Weather can change quickly — expect warm days and cold nights, with snow possible at higher elevations in shoulder seasons.

11. How do I reach the trekking start point?

Most treks begin from Dhunche, reachable by bus or private vehicle from Kathmandu (about 7–9 hours by road).

12. What permits are required for Gosaikunda Trek?

To trek in Gosaikunda you need a Langtang National Park permit and a TIMS card to trek in this area.

13. Are there teahouses on the route?

Yes — basic teahouse lodges with rooms and meals are available along the trail, but facilities become simpler at higher altitude.

14. Is there mobile network or Wi-Fi during Gosaikunda Trek?

Mobile network is spotty; Wi-Fi may be offered in some teahouses for a fee but can be slow.

15. Do I need a guide or porter for trekking to Gosaikunda?

Guides aren't mandatory for Gosaikunda Trek but recommended for safety, navigation, and local insight; porters can make the trek easier by carrying heavy loads.

16. Is Gosaikunda trek suitable for solo travelers?

Yes — many trekkers do it solo, but it's safer with experienced partners or a guide due to remote sections.