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# 11 days Langtang Valley Trekking

URL: <https://boundlessadventure.com/langtang-valley-trekking>

## Duration

11 Days

## Per Person Cost

USD 601

## Difficulty

Easy

## Best Seasons

Mar-June, Sep-Dec

## Transportation

Jeep

## Max Altitude

4773m

## Trip Type

Trekking

## Meal

Breakfast, Lunch, Dinner

## Accommodation

Hotel

## Langtang valley trekking Highlight

- 11-day Langtang Valley trekking is a unique and fascinating Himalayan range.
- The Langtang Valley is an easy and cultural trekking trail.
- It is exciting and a grouping of blossoming flowers.
- Able to find out red pandas and snow leopards in Langtang National Park.
- The best viewpoint of the trekking is Kyanjin Ri (4773m) from sea level.
- Fixed departure facilities are available even for a solo female trekker during the main seasons.

## Trip Overview

11-day Langtang Valley Trekking is a unique and mesmerizing range; the valley lies in the Langtang National Park, a **UNESCO World Heritage Site**. The Langtang trekking has many beautiful landscapes, grazing land, blossoming flowers, historically oldest monasteries, and stupas.

The Shining of the **Mountains peaks** attracts you during the Trekking in Langtang valleys and its incredible sunrise and Himalayas views from sea level from Kyanjin-Ri (elevation 4773m). Contact us for 2024 and 2025 at WhatsApp at +977 9851033819 or email us now.

Trek to Langtang is a short and easy trek that rewards us with amazing scenery, Rhododendron flowers, and Pine and Oak forest on the way to Langtang Valley. Some of the rare and unique species of flora and fauna welcome you to the Langtang region of Nepal.

The musical sounds of the birds are more exciting and make trekking trips more glamorous. Walking past many forests, we can spot local wildlife like the **musk deer, Danphe, Red panda, and Snow Leopard**.

Arriving at Langtang village, the Tamang people show their hospitality with a hearty welcome towards Tamang village. Langtang Valley is called the Valley of the Glacier, under the great Mt. Langtang Lirung.

Along with the trekking trail, Langtang Lirung, Ganesh Himal, Naya Kang, Yala Peak, [Manaslu range](#), and the Tibetan Himalayan peaks can be viewed from 360-degree angles.

Hiking in the Langtang Valley through the Lama Hotel, Kyanjin Gumpa, through the forest, where the famous ancient monastery lies, is a religiously holy (Gosainkunda) place for the local Tibetan Buddhist and Hindu people of the Langtang region of Nepal.

The best season to grab the trekking opportunities of Langtang Valley hiking season starts in March, April, May, June, September, October, and November.

The Langtang Valley trek is pleasant in the Nepal Himalayas, and you should experience it at least once. We Boundless Adventure provides you opportunities to explore the Langtang Valley areas, viewpoints to see mountains, and experience the local lifestyle of the Tamang community of the Langtang Region.

We provide an experienced guide, a Trekking itinerary, permits, and a reasonable price. Let's help you achieve our best study goal for your vacation in Nepal.

Langtang Valley hiking starts from Kathmandu by bus or Jeep and goes to Dhunche and Syabrubesi. It is 122 km north of Kathmandu Valley. The valley is a delightful trip to the Langtang National Park of Nepal, close to the Tibet border. Similarly, the Manaslu conservation area is the nearest National Park of Langtang trekking.

## Kyanjin Ri

Kyanjin Ri is the famous peak above the Kyanjin Gumpa village at an elevation of 4400m/ 14435ft. Kyanjin Ri is well known for its Viewpoint, which provides stunning panoramic views of the surrounding mountains, including Langtang Lirung, Langshisha Ri, Dorje Lakpa, and many other unnamed peaks. Furthermore, from the top of the Ri, you can observe the beauty of the entire Langtang valley.

The hike to Kyanjin Ri is quite adventurous and rewarding. While the trail has ascend and descent sections and some parts are rocky, getting on the top gives you a sense of accomplishment.

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# Kyanjin Gompa

Kyanjin Gompa is a small settlement in the Langtang region located at 3830m/ 12598ft. The village is a popular destination for starting the trek to Kyanjin Ri, and the village itself is famous for its incredible beauty and unique culture. The towering peaks of Yala Peak (5,520 m/ 18,110 ft), Langtang Lirung (7,227 m/ 23,711 ft), and Naya Kanga (5,844 m/ 19,163 ft) cover the village. The namesake Buddhist monastery is well known in the Kyanjin village. The monastery is significant at Langtang village and is about 400 years old.

The Sherpa and Tibetan communities inhabit Kyanjin village. The locals of the area are known for their warm hospitality and kindness. Also, the village serves as the resting point on the Langtang Valley trek after a tiring day of hiking at Kyanjin Ri.

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## Langtang Trek Cost

Langtang Valley is just 61.5km away from Kathmandu Valley, so its cost is relatively lower than that of other trekking destinations in Nepal. However, the trekking cost varies due to several factors. One key factor affecting the price of the Langtang Valley trek is the trekking company you choose to go with. If you plan the trek to Langtang Valley of Nepal, you can inquire; we are always ready to assist you.

The cost for Langtang Valley also depends on your nationality. If you are from a SAARC nation, the permits are relatively less expensive than those of other foreign countries. A guide is obligatory for trekking in Nepal, so choosing a guide with a reputable trekking agency with a reasonable price can help you minimize your costs.

Accommodation is necessary during your trek; the accommodation may vary tea house-wise. But if you are with us, we are concerned about your accommodation as we manage your accommodation and meals through your trekking journey to Langtang.

To get the accurate cost for trekking to Langtang Valley, please WhatsApp us at +977 9851033819.

## Tailor-Made Trip

[Langtang Trekking trail](#) is a moderate trip that begins with a northwest drive from Kathmandu. We have fixed departures for trekking areas according to the best season. Despite that, we will also organize the trekking on a date suitable for you. When you inform us about the customized date and itinerary, we arrange the best tailor-made trip for you.

Accommodations.

When you are in Kathmandu, standard to five-star hotel accommodations are available. During the trek to Langtang, clean and basic accommodation lodges, also known as the tea house, are available.

We arrange the lodge with basic facilities along the trekking area. We cannot find luxury accommodations at a higher altitude, but our team will organize the best among them.

# Trip Itinerary

## Langtang Valley Trekking Itinerary

Langtang Valley trekking is another short and easy trail in Langtang National Park of Nepal. We are operating a seven- to eleven-day trekking itinerary, including pick-up from the international airport in Nepal and departure at the end of the trek.

Some people would like to hunt bees at Langtang; Langtang National Park is one of the best places to do this. Anyway, please look at the itinerary of Langtang Valley trekking and continue with it.

We are providing Breakfast, Lunch & Dinner in every tea house. Lodge. There is a lovely and comfortable guest house along with the Langtang Valley trekking.

We are suggesting you do not trek along due to the rubbery. Boundless Adventure always provides a trekking guide, and national park permits from Kathmandu.

## Day 01: Pick up from Tribhuvan International Airport (TIA)

Arrive at the Tribhuvan International Airport. You will get an arrival visa at the airport; getting in the queue might take one more hour.

But we will be on time to pick you up with the company's arrival board and your name. However, we will drive to the Hotel after picking you up from the Airport. Overnight at the Hotel.



The International Airport in Kathmandu.

### **Destination:**

Kathmandu

### **Accommodation**

Hotel

### **Transportation:**

Car

### **Duration:**

15 min

## Day 02: Jeep drives to Syabrubesi

Have a warm breakfast at the Hotel in Kathmandu. The trekking crew meets at the Hotel and a jeep drives to Syabrubesi from Kathmandu.

It is north of Kathmandu Valley. The Syabrubesi is the center point of Langtang's several different trekking areas. Langtang valley trekking, Tamang heritage Trekking, and Gosainkund Lauringinayak Trekking.

However, it is a 122 Km off-road drive. But 66 Km is Blacktop. It will take about 5 hours 4ward drive. Have Lunch at the Trisuli Bazar and continue to drive at the Syabru Besi overnight at the Hotel.



A 4 ward drive to Shyabrubenshi.

### **Destination:**

Syabrubesi

### **Accommodation**

Hotel

### **Transportation:**

Jeep

### **Duration:**

6 Hours

### **Food:**

Breakfast, Lunch, dinner

## Day 03: Trek to Lama Hotel

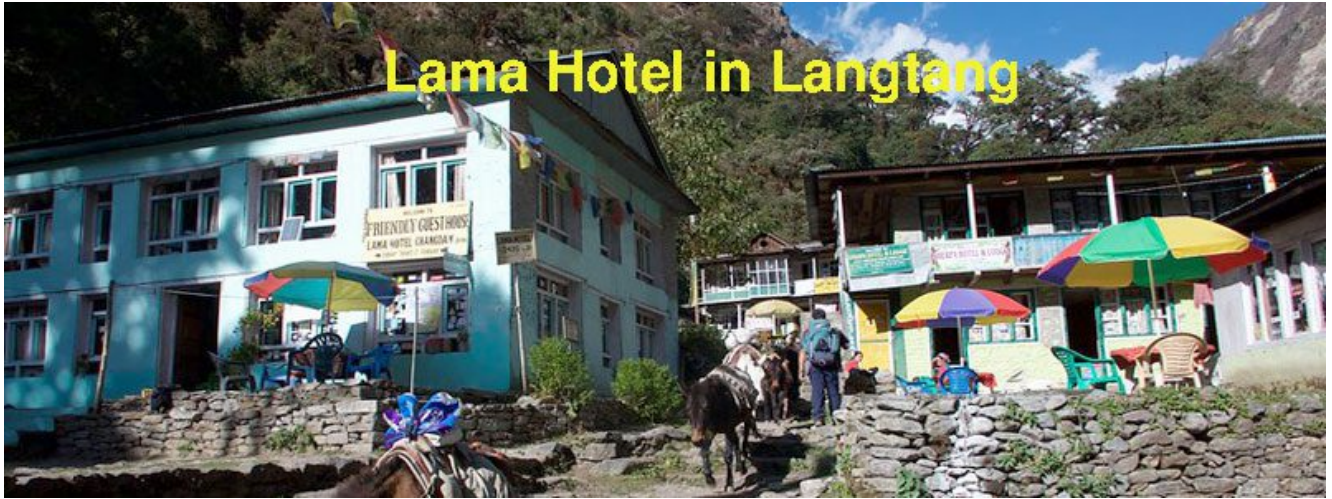
Yes, the trekking starts from now on. Start with a warm breakfast; we must climb up to 1000 meters today (2,380m).

But don't worry; the trekking trail leads you through the bank of the Langtang River, Jasmint, and oak forest at the beginning and after Lunch (at Bamboo). Bamboo, Rhododendron forest.

While trekking to Langtang Valley, you can see wild animals, wild Bees, Mountains, and an incredible landscape.

The Langtang trekking trail is easy, and it will take about 5/6 hours, including a lunch break. Overnight

at the Lama Hotel.



Lama Hotel in Langtang Trekking

**Destination:**

Lama Hotel

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, lunch, dinner

**Day 04: Trek to Langtang village**

Today is another beautiful hiking day. We are starting the hiking after breakfast today. You can have tasty Tibetaion bread and omelet (local bread) and continue towards Ghoda Tabala while walking into the pine forest.

It is a beautiful lunch place, and You can see Langtang Ri on the left and Kangteka onwards.

However, you will reach the Langtang Valley after 3 hours. (3,430m) it is a beautiful Tamang settlement. You may visit the Cheese factory in Langtang, too. Overnight at the Hotel.



Local house in Langtang Valley Trekking

**Destination:**

Langtang village

**Transportation:**

Hiking

**Duration:**

5 hours

**Food:**

Breakfast, Lunch, dinner

## Day 05: Trek to Kyanjing Gompa

Today is another exciting day to Trek to Kyanjing Gompa (3870m). Easy trail with the best itinerary and view.

After breakfast, it takes 3.5 hours to trek to Kyanjing Gompa, and you will have lunch and dinner at the same place.

Kyanjing gumba is another amphitheater with some guest houses, sunny areas, and mountains surrounding it.

These are the enjoyable places to go for Langtang trekking. Whenever you arrive at Kyanjing Gompa, Have lunch and explore another Cheese factory. Overnight at the Hotel.



Kyanging in Langtang trekking

**Destination:**

Kyanjin Gompa

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

4 hours

**Food:**

Breakfast, Lunch, dinner

**Day 06: Kyanjing Explore day.**

Yes, Today is a big hiking day. After breakfast, we will hike to Kyanjing-Ri, a small viewpoint of the Langtang Valley trekking.

But it is 4773 meters from sea level and the highest place on the trek.

Langtang Lirung, Kangte Ka, Yala Peak, and many unnamed peaks can see from Kyanjign-Ri; after a full excitation day of the Kyanging-Ri descent to Kyanjign Gumba, for lunch and dinner, Overnight at the Hotel.



Kyanjing-Ri, Langtang Valley trekking

**Destination:**

Kyanjing Gumba

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, dinner



## Day 07: Return to Lama Hotel.

After exploring the Langtang Valley, we descended to the Lama Hotel, where we slept on the first night of trekking. Probably, it might take 6 hours.

If your knees are in pain, you may walk down slowly. Have lunch at the Ghoda Tabela and another two-hour walk to Lama Hotel, have dinner at the hotel and stay overnight at Lama Hotel.



A Monkey by the River

### **Destination:**

Lama Hotel

### **Accommodation**

Hotel

### **Transportation:**

Hiking

### **Duration:**

6 hours

### **Food:**

Breakfast, Lunch, dinner

## Day 08: Trek to Thulo Syabru

Thulo Syabru is a small but beautiful Tamang and Sherpa settlement. We trek down from Lama Hotel to Till Hot Spring after breakfast.

We must turn left higher from the hot spring to get to Thulo Syabru, the trekking trail hiking through the bamboo forest.

Crossing a suspension bridge to get into Thulo Syabru would be best.

Thulo Syabru is 2275 meters high from sea level; you can visit the school and monastery while you have lunch. Overnight at the hotel.



Honey Bee Hunting in Langtang Valley Trekking

**Destination:**

Thulo Syabru

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

6 hours

**Food:**

Breakfast, Lunch, dinner

**Day 09: Trek to Dhunche**

Today is the last day of trekking. After breakfast, we trek to Thulo Bharkhu through the pine and chest, not the forest.

It takes 3 hours to get into the Thulo Bharkhu and have lunch at the Bharkhu village. After lunch, we will continue on the road to Dhunche.

Dhunche is the central district headquarters of the Rasuwa district in Nepal. It lies 2020 meters high from sea level and Langtang National Park.

Check-in at the hotel; enjoy the views of the Tibetan Himalayan range overnight.



A bird along the way to Dhunche

**Destination:**

Dhunche

**Accommodation**

Hotel

**Transportation:**

Hiking

**Duration:**

5 Hours

**Food:**

Breakfast, Lunch, dinner

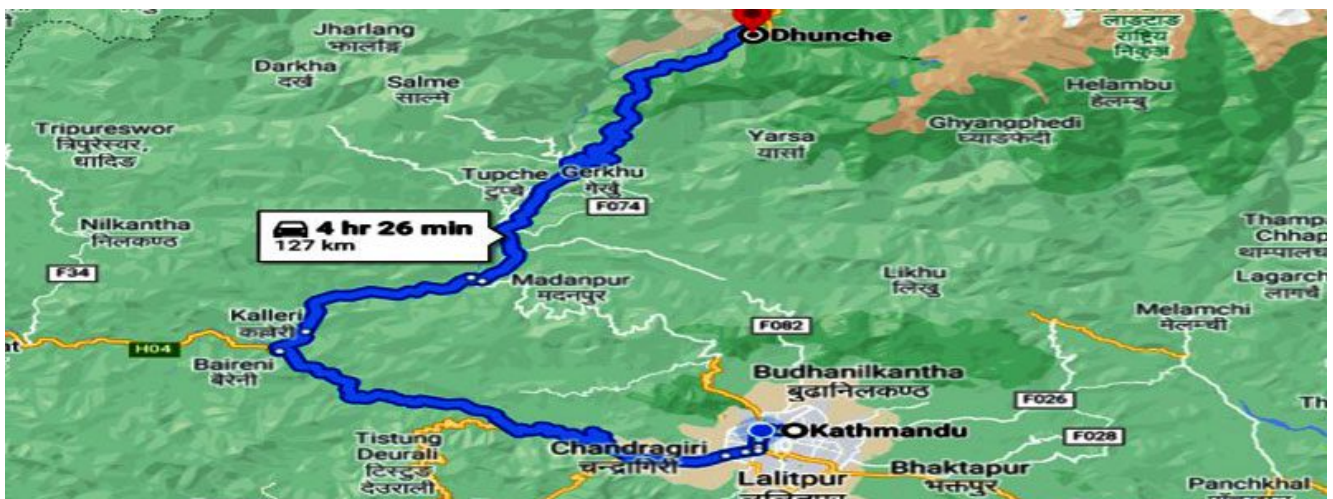
**Day 10: Drive back to Kathmandu.**

Today, I drive to Kathmandu by Jeep on the same driving road.

It is a 102 Km drive from Dhunche to Kathmandu. You can choose to go by bus.

We suggest you better drive by Jeep on the road. It will take about 5 hours from Dhunche to Kathmandu by Jeep but seven hours by bus.

Have lunch at the Trisuli Bazaar and continue driving to the Kathmandu hotel. Have dinner overnight at the hotel.



Dhunche to Kathmandu to Dhunche

**Destination:**

Kathmandu

**Accommodation**

Hotel

**Transportation:**

Jeep

**Duration:**

5 hours

**Food:**

Breakfast and Lunch

**Day 11: Transfer to the international airport.**

Have a warm breakfast at the Hotel and Check out from the Hotel. Check-out time is noon; our airport representative will drop you off at the international airport.

**Note:** *If you have a long enough time in Nepal, you may travel to Pokhara, Chitwan wildlife safari, and Everest Tour by Plane and Helicopter.*



Nepal Departure airport

**Destination:**

Kathmandu

**Transportation:**

Car

**Duration:**

15 minutes

**Food:**

Breakfast

**Trip Includes**

- International airport picks up and drops by private car/van/bus.
- The three-star hotel in Kathmandu is according to the itinerary.

- Package trip with three meals daily (Breakfast, Lunch, and Dinner). During trekking
- Accommodations during the trekking.
- Experienced, English-speaking Guide
- Langtang National Park permits.
- TIMS permit.
- Surface ground transfer by Jeep
- Nepal government taxes.
- Per person, one trekking map
- Sleeping Bag (returnable)
- Down Jackets (returnable)
- Purifye drinking water

## **Trip Excludes**

- Hot and soft drinks.
- Temple and monastery entrance fee.
- Tips & donations.
- The rest of the expenses are not mentioned in Price Includes.

## **Frequently Asked Questions**

### **Is Langtang Valley an adventurous trek?**

No, Langtang Valley is not an adventurous trek; it is one of the easiest and most accessible treks in the Himalayas of Nepal.

### **What is the highest Elevation of Langtang Valley Trek?**

The highest elevation of the Langtang Valley trek is 4773m/15659ft at Kyanjin-Ri. Getting on the Kyanjin-Ri is relatively rigid due to the high elevation, but proper acclimatization and listening to your body will help you overcome the challenges.

### **What can I expect at Langtang Valley Trek?**

Throughout the journey to Langtang Valley trek, you'll encounter different flora and fauna as the trek passes through Langtang National Park, home to other animals and plant species. The trek to Langtang provides a unique opportunity to experience the local culture and tradition. Additionally, the trek offers panoramic views of several mountain peaks.

### **What is the cost of the Langtang Valley trek?**

The Langtang Valley trek cost depends on several factors, including the trekking agency, additional

service you choose, the trekking season, and the mode of transportation you choose. For the exact cost, you can contact Boundless Adventure by WhatsApp at +977 9851033819.

### **How much distance does the Langtang Valley trek cover?**

The distance covered during the trek to Langtang Valley is approximately 130-150 km from Kathmandu. The distance from Kathmandu to Syabrubesi is around 120 km, and from Syabrubesi to Kyanjin Gomba, it is about 20 km.

### **Is trekking in Langtang Valley worth it?**

Indeed, trekking in the Langtang Valley is worth it. The trek is easy and takes you through the beautiful settlement of Tamang village, stunning landscapes, and breathtaking mountain views.

### **Can I go to the Langtang Valley trek solo?**

No, trekking in a Langtang Valley trek is only possible with a guide. The rule implemented by the government of Nepal declared that no tourist can trek in any region of Nepal independently for safety purposes.

### **What is the Langtang Valley trek's starting and ending point?**

Your journey to Langtang Valley trek begins with the drive to Syabrubesi from Kathmandu. From Syabrubesi, the trek passes through Lama Hotel and Langtang Village, reaching the ultimate destination, Kyanjin Gomba. Then, the trail descends through Lama Hotel, Thulo Syabru, Dhunche, and concludes with a drive back to Kathmandu.

### **Did the earthquake destroy Langtang village?**

Yes, an earthquake destroyed the Langtang village, but the construction is ongoing, and the town is more developed than the earthquake time. Trekking in Langtang is safe now.

### **Is trekking in Langtang Valley favorable during April?**

April is a favorable time for the Langtang Valley trek. As April falls in the spring season, spring is an ideal time for trekking different destinations in Nepal, including Langtang Valley.

## **Essential Information**

### **Accommodations along the Langtang Valley trekking trail**

The Accommodations are Langtang Trekking trails, tea houses, and lodges. You may find comfortable accommodations with a hot shower every day.

Boundless Adventure provides twin sharing double beds rooms for a couple even though you are solo.

## **Meals In Langtang Valley**

Breakfast will be included in your hotel in Kathmandu, but breakfast, lunch, and dinner will be included in the Langtang Hiking. Although you will be on the mountain, you can have various meals selected from the menu.

From Dal Bhat (typical Nepali meal) to Indian and continental items, they are available in tea houses or restaurants during the Langtang Valley trek.

## **Drinking Water**

Drinking Water: You can drink mineral water daily from Hotels, but you would still like to drink boiled Water. The boiled Water is available in every lodge for trekking in Langtang. In this case, it would help if you had a water bottle.

Some people bring electric water filters with them, and some get hand-pumping filters, making it easier to filter Water to drink. Have you checked out your trekking equipment list for more details?

## **Best Weather For Langtang Valley Trek**

The best trekking seasons start from March to June and September to December. Still, you can go to some parts of Trekking in Monsoon, but it is not suitable for every Trekking.

The weather forecast is moderate in these seasons and guarantees amazing views throughout the spectacular views of the Langtang Himalayan range. However, although it might be cold, Langtang Valley trekking is being undertaken during the winter. It is necessary to have warm clothes with you all the time.

### **Important of Langtang Trek**

We, the team of Boundless Adventure, will organize the Trekking with the best arrangements. However, there can be some issues that are beyond our control. Heavy rainfall and landslides can extend the trip, but there is little probability of such conditions.

We suggest not swimming in the stream alone and near the glaciers. Most of the time, the glaciers move around and avalanches; however, beware of snow leopards on the Langtang Valley trekking trail.

## **Ground Transportation for Langtang Valley**

Ground transportation is the only means to get to the Langtang Valley, as an airway facility is unavailable there. Although you'll not have an option for aircraft, you can choose ground transportation.

Boundless Adventure provides two different ground transportation options from Kathmandu to Syabrubesi to start the Langtang trek:

### **Public Bus:**

Taking a public bus to Syabrubesi is the most budget-friendly option. The public bus takes longer than 6

hours from the Gongabu bus park of Kathmandu to Syabrubesi. The first part of the road from Kathmandu to Trishuli is blacktop, and the road from Trishuli to Syabrubesi is gravel. However, the landscapes are beautiful, with a rice field along the drive.

## **Private jeep:**

Boundless Adventure also manages the private jeep on your behalf for the drive from Kathmandu to Syabrubesi. It is more comfortable and flexible than a bus. However, private jeeps cost more than public buses. The Jeep drive takes approximately 6 hours to get to Syabrubesi from Kathmandu, including a lunch break at Trishuli.

Your trekking journey to Langtang Valley begins in Syabrubesi and concludes in Syabrubesi. But if you want to expand your trip, you may hike to Dhunche. Still, if you have a longer time, you can extend the trek to Gosaikunda and end the journey at Sundarikal, Kathmandu.

## **Local Culture**

The Tibetan tradition profoundly influences the local culture of the Langtang Valley, and the major ethnic group of the area is Tamang. As many of the residents of the Langtang Valley are of Tibetan background, most people in Langtang Valley follow Tibetan Buddhism culture. Along the Langtang Valley trek, you'll see several monasteries and chortens related to Tibetan Buddhist tradition and history.

The Langtang's locals have a unique culture, religion, language, customs, rituals, and way of living. The primary language spoken by the locals of the Langtang Valley is Tamang, a Tibeto-Burman language. Nevertheless, some people also speak Nepali, and some speak and understand English in major tourist areas.

The clothes worn by the residents of Langtang Valley reflect Tibetan culture. The locals wear traditional dresses with aprons, jewelry, and headbands. The major festivals celebrated by the Langtang people are Buddha Jayanti and Lhosar. Tamang people celebrate Gautam Buddha's birthday on Buddha Jayanti, and Lhosar is the Tibetan New Year.

The houses of the Langtang Valley reflect the Tibetan architectural style. Generally, people built homes with flat roofs made of wood and stone. Mani walls, carved with Buddhist prayers and symbols, are commonly seen in the area. Music and dance are vital to Langtang Valley's residents. Damphu is an essential musical instrument, and the dance they perform every occasion is called Tamang selo.

Locals and organizations of the area are working to protect and promote the original cultural heritage of the Langtang region by adapting to modern changes while maintaining the traditional life of the area. Throughout the journey, you'll get excellent hospitality from the locals while learning a unique culture.

## **Major Attraction of Langtang Valley Trekking**

The Langtang Valley is a perfect destination, combining nature and cultural beauty with exceptional attractions. Among all the attractions, its pleasing landscape is one. The journey through the beautiful region of Langtang showcases and takes you through breathtaking views with snow-capped peaks hitting the peaks, dense forests covering the mountainside in unique colors, and an alpine meadow filling the valley floor in green color.



Langtang Lirung, Ganesh Himal, Naya Kang, Yala Peak, Manaslu range, and the Tibetan Himalayan peaks will accompany you throughout the journey to Langtang, enhancing the trek's attraction.

The Langtang Valley lies within Langtang National Park, and the trek passes through the conservation area. The Langtang National Park is home to unique flora and fauna, and during the trek, you will have the opportunity to see and observe the different flora and fauna. Musk deer, Danphe, Red panda, and Snow Leopard are the major attractions while trekking through the Langtang National Park. Furthermore, you can observe 250 species of birds in the conservation area of Langtang.

The Tamang and Sherpa culture of the region is another significant attraction of Langtang Valley trekking. On your trek, you'll pass through several Tamang and Sherpa houses and can observe their way of living. The villages are beautified with colorful prayer flags, monasteries, and chortens, adding to the cultural richness and attraction of the trek.

## **How Many Days Does it Take To Trek Langtang Valley?**

9 days is enough for the Langtang Valley trek. We provide 11 days of Langtang Valley day, including 2 days of your arrival and departure. So you'll spend nine days in Langtang Valley. However, the time varies on the chosen itinerary.

While you can complete the trek within nine days, some trekkers prefer to extend their trek, and others like to shorten it. We also have a customizable itinerary so that you can select a time for the trek that fits your preference and available time.

Within 9 days, we will take you through the appealing village of Langtang. On your first day, you'll have a jeep drive to Syabrubesi. You'll start trekking the next day and go for the Lama Hotel trek. The third day takes you to Langtang Village. On the fourth day, you'll trek to Kyanjin Gomba. The fifth day is your exploration day in the village; on that day, you'll explore the viewpoint of Kyanjin Ri. On the sixth day, you'll start the return journey and trek back to Lama Hotel. The seventh day takes you to Thulo Syabru, and you'll trek to Dhunche on the eighth day. And finally, on the ninth day, you'll return to Kathmandu. Nonetheless, we have a facility for customizable itineraries, so with no worries, you can contact us and take the itinerary according to your preference.

## **Langtang Valley Trek with Gosaikunda Lake**

Langtang Valley Trek with Gosaikunda Lake is a combination trekking package for trekkers seeking to explore the eBay of Langtang Valley and feel the peacefulness of the lake. Generally, trekkers trekking in Langtang Valley extend their package to Gosaikunda Lake. Typically, it takes 10-12 days for the combined trekking package.

At an elevation of 4,380 m/14,370 ft, Gosaikunda Lake is a sacred alpine freshwater lake of Langtang Valley. The lake lies within the Langtang National Park and covers an area of 13.8 ha (34 acres). In the surrounding area of Gosaikunda Lake, 108 other small lakes lie. During the winter time, the lake stays frozen for 6 months.

People believe that the Gosaikunda Lake was created by lord Shiva while piercing a glacier with his trident (Trishul) to drink Water and cool his throat after swallowing poison during the Samudra Manthan

(churning of the ocean) incident. For this reason, the lake is a holy site for Hindus, and several pilgrims visit it every year.

The Langtang Valley trek with Gosaikunda Lake takes you through stunning scenery, various landscapes, and cultural immersion. Trekkers first get to explore Langtang Valley and ascend to the holy site, Gosaikunda. To book the trek, contact us on WhatsApp at +977 9851033819.

## Other Information

Boundless Adventure can assist you with trip service and provide authentic information. If you need further information, please do not hesitate to call us on mobile or WhatsApp at +977 9851033819.

**Permits Required** ( Trekkers Management System) and Permits are necessary for Trekking in Langtang Valley. You can obtain a copy of your passport and a trek photo. We request such paper before you arrive in Nepal for [the permits](#).

## Address

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