

Langtang and Gosaikunda Trek - 11 Days

URL: <https://nepalalternativetreks.com/trip/langtang-and-gosaikunda-trek/>

Langtang and Gosaikunda Trek Quick Information

Weather -10°C to 22°C	Duration 11 Days	Difficulty Moderate
Accommodation Lodge	Meals Included Breakfast, Lunch, Dinner	Transportation Bus/jeep
Daily Activity Approx. 5 - 6 hours	Religion Buddhist	Ethnic People Tamang
Region of Nepal Langtang Region, Rasuwa	Max Altitude 4609m./15209ft.	Per Person Cost USD 720
Best Season Sept, Oct, Nov, March, April, May	Geographic Terrain Mountain, Forest, Village, Glacier, Lakes	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$720.00
Group Of 5 - 8	USD \$700.00
Group Of 9 - 12	USD \$680.00
Group Of 13 - 18	USD \$660.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Langtang and Gosaikunda Trek Overview

If you want to explore one of the hidden gems of Nepal, our **11 Days Langtang and Gosaikunda Trekking** will be a perfect match for you. This awe-inspiring and spiritual journey is near Kathmandu Valley and accessible via roadway. The trek offers enchanting views of the unique landscapes of the Langtang region. Similarly, during the trek, you can gaze at the mesmerizing mountain panoramas and spectacular views of the azure-colored **Gosaikunda lake**.

You will drive from Kathmandu to Syabrubensi, where your trek will begin. You walk through the forested hills of pine and rhododendrons to reach the Tamang settlement of Langtang village. The next day, you climb to Kyanjin village, home to the Kyanjin monastery. Then, you traced back your steps to Lama Hotel and hit the trail to Lauribinayak via Thulo Syabru. In the last few days, you follow the trail to Gosaikunda, crossing several streams and walking through beautiful pastures. The vibrant atmosphere of Gosainkunda, with dozens of deep blue ponds, will delight you. You will then trek to Dhunche and drive back to Kathmandu.

This is a moderate trail along a well-facilitated path, therefore compatible with any time of the year. This trek is suitable for all types of trekkers. Accommodation is not an issue, as lodges with basic facilities are available along the way. Escape into the laps of unspoiled nature, far from crowded trails, with the tranquil Langtang and Gosaikunda Trekking.

Please, visit video guide to this trek route:

Langtang Trek video review in Thai :

Langtang and Gosaikunda Trek Highlights

- Discover the hidden and picturesque Valley of Glaciers.
- Traverse through the unique landscapes, traditional villages, and terrace fields.
- Walk through the beautiful forests of Langtang National Park and get a chance to witness the rare Red Panda.
- Peek into the lifestyle of the Tamang and Sherpa people and learn about their culture and tradition.
- Stunning view of mountains like Langtang Lirung, Manaslu, Ganesh, Annapurna, and other snow-clad mountain peaks.
- Dive into the holy water of the beautiful Gosainkunda Lake.
- Visit the impressive Buddhist monasteries, including the famous Shin Gompa and Kyanjin Gompa.

Weather

Best Time For Langtang and Gosaikunda Trekking

Langtang and Gosaikunda Trekking are one of those treks that are doable anytime of the year. But if you have to choose, the **spring and autumn will be the best period of the year for this trek**. March, April, May, September, October, and November are highly recommended. Similarly, you will find a suitable and stable climate during this time. In addition, you will also travel with clear visibility of the surroundings, which can double your trekking experience. So, make sure you visit here during his time of the year.

Spring (March to May)

Spring is an excellent time to witness Langtang's beauty, blooming forests and meadows, and active wildlife. There are most likely chances of witnessing endangered species during the trek. **The weather is dry and pleasant, with clear blue skies. Similarly, the moderate temperature makes for a comfortable trekking experience.** The average daytime temperature is 5 to 20°C. You can get the best views of the mountains and scenery as the visibility is apparent.

Summer (June to August)

Heavy rainfall occurs across Nepal during summer, which coincides with the monsoon season. However, the Langtang Valley lies in the rain shadow area and receives less rain than other regions. The trails in the lower region can get wet, muddy, and slippery. But **the rain cleanses the surrounding area, and the landscapes look vibrant and lushly green.** Trekkers will need proper rain gear for trekking in summer. It is hot and humid at this time, and the average daytime temperature ranges from around 22 to 30°C.

Autumn (September to November)

Another best time for Langtang and Gosaikunda Trekking is the autumn season. The crisp blue skies, sunny days, and comfortable trekking temperatures make it a favorite trekking season. Likewise, the vegetation and landscapes look fresh and vibrant. The beautiful autumn foliage makes the trekking journey more memorable. **Autumn offers the best views of the spectacular mountain panoramas as the visibility is brilliant.** The average daytime temperature ranges from 10 to 25°C.

Winter (December to February)

Winter is an off-season for trekking in Nepal, but it is also a chance to trek in a peaceful atmosphere and witness snowy landscapes. It is also the best time to witness the grand views of snow-covered mountains. Higher regions have heavy snowfalls and blizzards, but the days are usually sunny. Note that the trails can get covered with snow and ice, making them slippery. Hence, trekkers must prepare proper winter gear. **The daytime temperature is usually 6 to 12°C, but at nighttime, it can drop below -10°C.**

January

-5°C to 10°C

February

-3°C to 11°C

March

0°C to 15°C

April

5°C to 18°C

May

10°C to 20°C

June

12°C to 22°C

July

12°C to 22°C

August

12°C to 22°C

September

12°C to 20°C

October

5°C to 18°C

November

0°C to 14°C

December

-3°C to 12°C

Difficulty

Difficulty of Langtang and Gosaikunda Trekking

The Langtang and Gosaikunda Trekking is a moderate, high-altitude trek during which you will reach **4,609 meters above sea level**. Anyone with good health and fitness can do the trek. However, trekkers must prepare to trek on rough terrain and steep trails and make uphill and downhill climbs. Therefore, trekkers require good strength and stamina. **The average daily walking hours is 5 to 6 hours.**

Aside from the challenging trails and terrains, the high altitude and remoteness of the trek make it a difficult journey. Many trekkers can succumb to altitude sickness due to the lower oxygen level in higher regions. It makes ascending steep trails more physically challenging. **The weather also becomes more unpredictable as you move higher.** Trekkers must be prepared to tackle any weather conditions during the trek.

The Langtang and Gosaikunda Trekking requires physical and mental preparation. Likewise, **you must prepare proper trekking gear for any weather conditions.** The trek is suitable for beginners and experienced trekkers with proper planning, preparation, and itinerary.

Langtang and Gosaikunda Trek Itinerary

Day 1: Drive to Syabrubensi from Kathmandu

An exciting seven-hour bus or local sharing jeep drive through the forested hills and roadside settlements takes you to Syabrubensi. The meandering Trishuli highway runs alongside the gurgling Trishuli River to Syabrubensi. Syabrubensi is a popular spot for trekkers in this area. It is the starting point for Ruby valley, Langtang Gosainkunda trekking and Tamang heritage trekking. There are several teahouse lodges with basic facilities for an overnight stay. Overnight in Syabrubensi.

Destination:

160 km.\ Drive to Syabrubensi
(Av.06 hours drive)

Accommodation

Hotel Old Namaste or Similar
Category

Altitude:

(1600m.5280ft.)

Meals

Breakfast, Lunch, Dinner

Day 2: Trek to Lama Hotel

Today is the first day of the trek. After breakfast, you hit the trail to Lama Hotel. First, you cross the bridge over the **Trishuli River and follow the trail through the pine and bamboo forest**. Walking past the landslide area, you climb up to the Lama Hotel. This part of the trail is flat, and there are small Tamang settlements on the way. Overnight in Lama Hotel.

Destination:

14 km Hill hike
(Av.06 hours)

Accommodation

Friendly Guest House/ Hotel
Sherpa

Altitude:

(2470m. /8157 ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Langtang Village

You begin your trek with a mesmerizing view of the sunrise. Continuing the trek, you follow the trail through the rhododendron forests to Gumanechok. **Blooming red rhododendrons amid the lush green forest are spectacular to watch**. On a clear day, you enjoy an excellent view of Langtang Lirung, Naya Kang, and many other mountain peaks. Moving ahead, you walk through the Tamang settlement of Ghoda Tabela and Thangshyap before you reach Langtang village. Langtang is a beautiful village in the hills inhabited by most Tamang people. This village suffered a substantial loss due to the massive avalanche in the aftermath of the earthquake in 2015. Overnight in Langtang Village.

Destination:

14km Uphill hike
(Av.06 hours)

Accommodation

Sun Rise Guest House or
Similar category

Altitude:

(3430m. /11319ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Kyanjin Gompa

After breakfast, you begin your three-hour trek to Kyanjin. It is one of the major settlements in the Langtang region and home to the famous **Kyanjin Gompa (monastery)**. Adorned with colorful prayer flags, the monastery looks beautiful and impressive. The prayer wheels, Chortens, and Mani walls (stones with prayers inscribed on them) are lovely to watch. The village also offers a fantastic view of the mountain peaks in the north. Overnight in Kyanjin Gompa.

Destination:

6 km Uphill hike
(Av.03 hours)

Accommodation

Norling Guest House or Similar
category

Altitude:

(3980m.13134ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Explore around Kyanjin

Acclimatization helps to adapt yourself to the high altitude and thin air at such elevations. Today, you'll take a short hike around the Kyanjin village and explore the natural and cultural beauty of the place. Hiking to either of these places, **Tserku Ri, Kyanjin RI or Langshisha Kharka** can be a good option. In the evening, you can join the prayers in the Kyanjin monastery and experience the spiritual bliss. Overnight in Kyanjin Gompa

Destination:	Accommodation	Altitude:
Excursion around	Nurling Guest House or Similar category	(3980m.13134ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Lama Hotel

Today, you'll traverse on a descending trail retracing your steps to Lama Hotel. The settlements on the way and beautiful mountain peaks in the background make a picturesque sight. If you are lucky, you can also encounter the Himalayan sheep and beautiful birds on the way. Overnight in Lama Hotel.

Destination:	Accommodation	Altitude:
17km Uphill hike (Av.06 hours)	Friendly Guest House or Hotel Sherpa	(2470m. /8151 ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Thulo Syabru

The trail first ascends to Rimche village and then descends to Langtang Khola. You'll walk along the riverside to reach Pahirol, where the trail branches off into two. You will take the trail to Thulo Syabru village via Bamboo. Thulo Syabru is another significant Tamang settlement in the Langtang region with typical Tamang houses and beautiful terraced fields. Overnight in Thulo Syabru.

Destination:	Accommodation	Altitude:
14 km Hill hike (Av.06 hours)	Yak Hotel or Similar category	(2400m.7920ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Lauribinayak

After breakfast, you'll follow the uphill trek to Phorpang, a popular hill station known for the majestic view of Mount Manaslu, Annapurna, and Ganesh. **The trek continues through the pine, juniper, and rhododendron forested hills to take you to Shin Gompa.** On the way, there is a sanctuary famous for

rare Panda. Finally, you'll stop at Lauribinayak for an overnight stay. This village offers a close view of Manaslu, Ganesh, and Annapurna Himal. Overnight at Lauribinayak.

Destination:

14km Uphill hike
(Av.06 hours)

Accommodation

Maya Hotel Or similar category

Altitude:

(3850m. /12705 ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Hike to Gosainkunda

Today, you'll have an exciting and significant trek to Gosainkunda. Before you reach Gosainkunda, **you'll walk through the fine trail amid the slightly green pastures and burbling streams with clear water**. As you reach Gosainkunda, you'll be enthralled by the beautiful and hallowed lakes of Gosainkunda. There are dozens of small and big ponds in this area. Saraswati Kunda (pond), Amar Kunda, Bhairav Kunda, Dudh Kunda, and Chandra Kunda are some of the lakes in the area. The stunning view of snow-capped mountain mountains enhances the serenity of the place. Overnight in Gosainkunda .

Destination:

6km Uphill hike
(Av.03 hours)

Accommodation

Hotel Tibet or Similar category

Altitude:

(4460m. /14718 ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Dhunche

After enjoying a mesmerizing sunrise from the holy land of Gosainkunda, you'll begin your return trek to Dhunche. You'll walk on a familiar trail to **Sing Gompa enjoying the beautiful landscapes, beauty of forested hills of Langtang National Park**, and cultural beauty of the Tamang settlements on the way. The descending is relatively easier than the uphill trek. After trekking for seven hours, you'll reach Dhunche. Overnight in Dhunche.

Destination:

21 km Hill hike
(Av.08 hours)

Accommodation

Hotel Himalayan View or
Similar category

Altitude:

(1966m. /6487ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Drive to Kathmandu

Your trek has come to an end. Today, you'll complete your journey with a six-hour bus or local sharing jeep drive from Dhunche to Kathmandu. A sense of accomplishment will make you smile throughout this exciting ride. We hope you had a good time with us.

Destination:

160km Drive to Kathmandu
(Av.06 hours)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

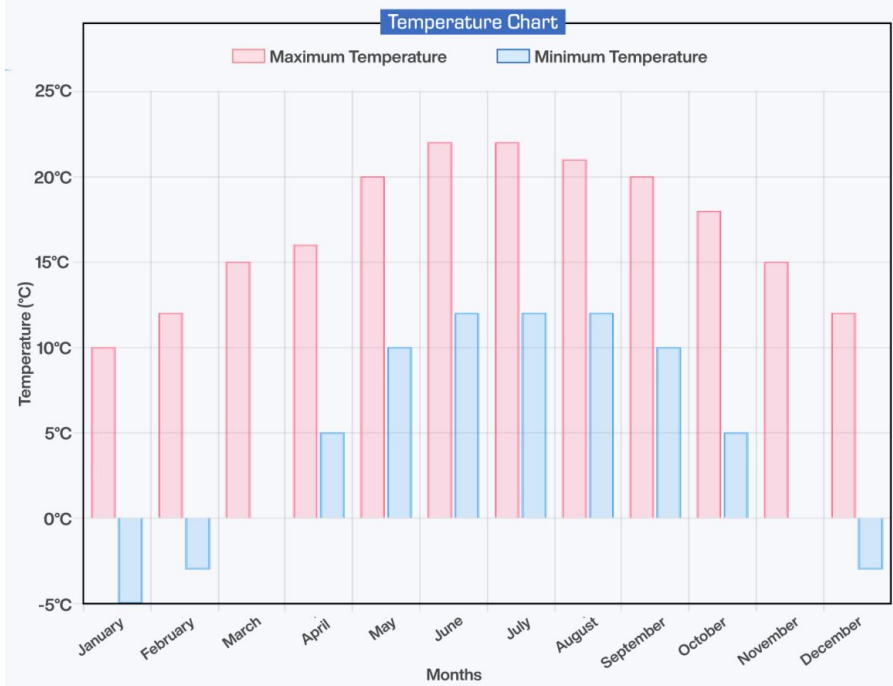
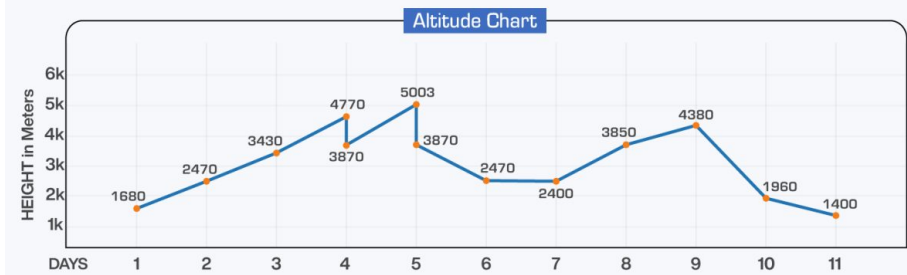
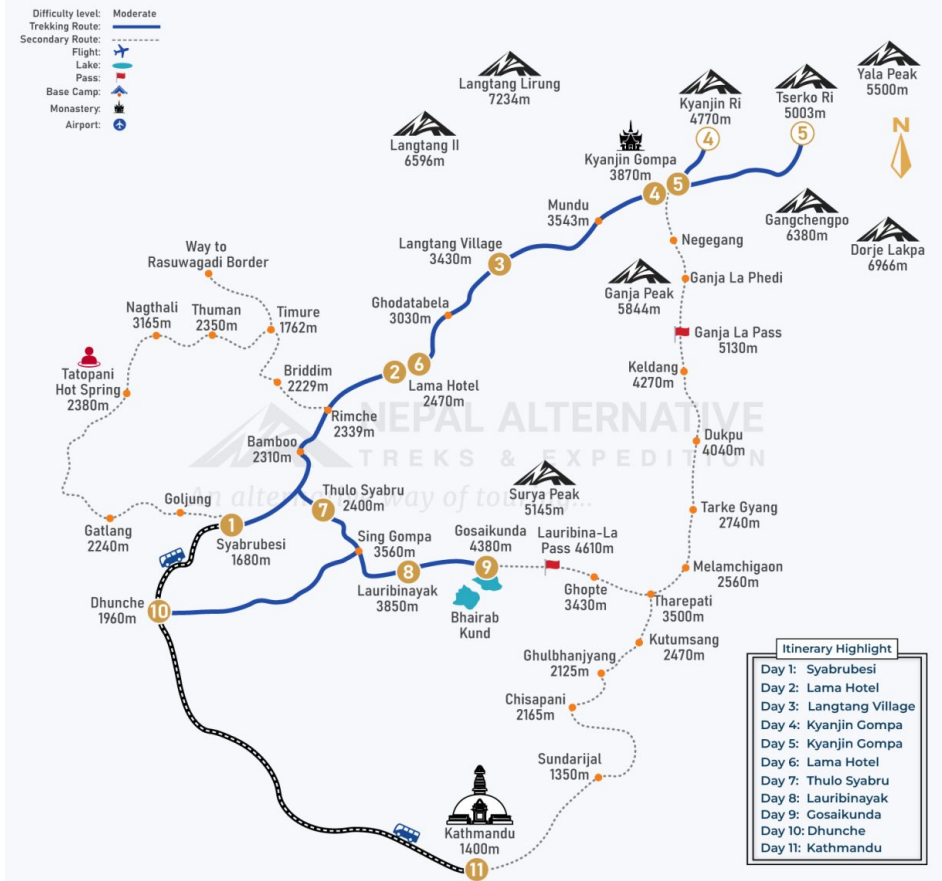
What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trekking.
- Langtang National Park fee and necessary documents .
- One experienced, well trained, fluent English speaking, friendly, specialized in Langtang region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, transportation and equipments.
- Overland transportation as per mentioned in the itinerary.
- A trekking map, duffle bag, first aid medical kit box, water purification, Oxygen saturation check up everyday, company t-shirt and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge etc.
- Public Liability Insurance.

What's Not Included

- Hotel accommodation and meals in Kathmandu
- Hard and soft table drinks such as tea/coffee, coke, fanta, alcoholic drinks, hot water, hot shower, mineral water, desert, bar bill, laundry and phone bill etc during trekking.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters.(Highly suggested)

Langtang and Gosaikunda Trek Route Map



Traveler Reviews

Overall experience on the Langtang & Gosaikunda Trek

This was my 3rd family trek with this agency. I had taken porter and trekking permits , car / bus service joto the starting point of the treks. The owner, Mr Tej Bahadur Gurung is a true professional and has become a family friend. Had suggested him to many and they also had satisfying experience. Highly recommend this agency.

Rating: 5/5

Santanu Das

India

My Quick Thoughts After Langtang Gosaikunda Trek

Second time trekking in Nepal. Same Agency. They feel like my family now!! Very good!! Next time go with them again!!

Rating: 5/5

Sophon Chuesai

Chanthaburi, Thailand

Additional Trip Information

Why You Should Take Langtang and Gosaikunda Trekking?

The Langtang and Gosaikunda Trekking is a beautiful yet underrated destination in Nepal's unspoiled and remote areas. It is ideal for solitude seekers, nature lovers, and adventurers. **The trails are full of scenic beauty, and you will experience rich culture and spirituality.** It is an ideal Himalayan exploration trekking journey.

The trekking trails take you through the protected areas of Langtang National Park. The captivating beauty of the mountains like Langtang Lirung, Annapurna, Ganesh, and Manaslu makes you wonder in awe. Moreover, the journey is of religious importance to Buddhists and Hindus. The holy **Gosainkunda Lake** is a sacred lake for both pilgrimages and is visited by many annually. En route, you will see several Buddhist monasteries and trek to Sing Gompa, the region's famous monastery.

So, if you are looking for alternatives to popular trekking routes like the Everest Base Camp Trek, the Annapurna Base Camp Trek, etc., Langtang and Gosaikunda Trekking are the best options. You can divert from the busy, crowded trails to Langtang's serene atmosphere and raw nature.

Helambu, Gosaikunda, and Langtang Trekking

If you want to explore the best of the Langtang, take our 13 Days Helambu, Gosaikunda, and Langtang Trekking. It covers the three main destinations of Langtang, i.e., Helambu, Gosaikunda, and Langtang Valley Trek. Within 13 days, you will take a cultural trip to Helambu, visit the sacred Gosaikunda and its **108 kundas**, and trek to the beautiful Langtang Valley.

The trek is perfect for beginners and seasoned trekkers with reasonable health and fitness. It is a moderate trek and requires no previous experience to join. The starting point of Helambu, Gosaikunda, and Langtang Trekking is slightly different than the Langtang and Gosaikunda Trekking. It would be best to first drive from Kathmandu to Sundarjal, where your trek begins.

The trails also enter the Langtang National Park and go from dense subtropical forests to alpine meadows. En route, **you will see scenery similar to Langtang and Gosaikunda Trekking and explore the Tamang settlements and highland landscapes.** Similarly, you can see the grand vistas of the Langtang Himal ranges, Ganesh Himal, Manaslu, Annapurna, and other surrounding peaks. The 13 Days Helambu, Gosaikunda, and Langtang Trekking perfectly combine adventure, culture, and spiritual experience.

Travel Insurance Requirement For Langtang Gosaikunda Trek

We don't provide you with personal insurance. You should have your insurance with you. So, you make sure that your insurance company has covered all your trekking-related facilities, including all medical expenses, repatriation expenses, rescue missions, and loss of property. Likewise, make sure that your insurance is not expired. In addition to all that make sure your insurance policy has covered all your medical and hospital bills in case anything bad happens to you during the trek.

Required Permits For Langtang and Gosaikunda Trekking

TIMS Card

For the Langtang Gosaikunda Trekking, trekkers must obtain a TIMS (Trekking Information Management System) card. The card registers the trekkers' details, itinerary, and contact numbers for safety. This information is crucial in finding the trekkers' whereabouts during natural calamities and disasters.

The TIMS card costs NPR 1000 per person for SAARC nationals and NPR 2000 per person for non-SAARC nationals.

Langtang National Park Entry Permit

Another permit you will require for the Langtang and Gosaikunda Trekking is the Langtang National Park Entry Permit. You must access the trails into the national park for the trek. A permit is necessary since the park is home to diverse Himalayan flora and fauna, including rare and endangered species.

The entrance fees for Langtang National Park are NPR 1500 per person for SAARC nationals and NPR 3000 per person for non-SAARC nationals. Children under ten are eligible for free entry.

Meals and Accommodation For Langtang Gosaikunda Trek

We provide meals **three times a day, including breakfast, lunch, and dinner**, and the accommodations we provide are lodging facilities that are also top-class. We take complete care of our consumer's needs and essentials. We also provide facilities that meet our consumers' desires and comfort. Similarly, we also offer you Nepali and Western foods. All of them are healthy and top-class. So,

feel free and enjoy yourself.

Langtang Gosaikunda Trek Fitness & Experience Requirement

This is a very long trek so you should be physically fit. In addition, you should have at least the experience of climbing small peaks. Not everyone can do this trek. Most importantly, you should be passionate about the trek. Furthermore, you should not have any heart or lung diseases. Most importantly, you should also not have any blood-related diseases. If you want to solo trek you can also check out [Langtang Valley Solo Trekking Blog](#) to clear any doubts.

Climate and weather

The best time for you to travel is during the spring and monsoon seasons. Autumn and Spring seasons provide you with the best scenery of the surrounding. Similarly, the temperature is also moderate. If you want to experience the perfect weather and climate these seasons are perfect. Similarly, if you travel here during this time then this can multiply your fun and trekking experience during the trek.

Safety and security

Your safety and security are very important to us. We constantly monitor every area of our travel. So, you can feel free and enjoy your time trekking with us. In addition, we take full care of our consumers and their property. Similarly, our trip constantly operates under the supervision of an expert who will fully guide you during your tour. Furthermore, the lodging facility we provide is also secure for our consumers.

Frequently Asked Questions

Is Langtang and Gosaikunda Trekking safe?

Langtang and Gosaikunda Trekking has a well-designated route and is safe for trekkers. But like any other trekking destination, it does have some risks. If trekkers follow proper safety guidelines and make adequate preparations, they can complete the trek safely. A well-planned itinerary and acclimatization are also crucial for safe trekking.

How difficult is the Langtang and Gosaikunda Trekking?

The Langtang and Gosaikunda Trekking are easy-to-moderate trekking destinations. The trails require uphill and downhill climbs on off-beat trails with a few steep sections. Similarly, trekkers have to ascend to an elevation above 4500 meters above sea level, which can be physically demanding.

Can I do the Langtang and Gosaikunda Trekking solo?

With the recent change in the trekking rules from April 2023, the government of Nepal has banned solo trekking. It has become compulsory to hire a licensed guide for trekking in Nepal. So, you can no longer

do solo Langtang and Gosaikunda Trekking.

Which mountains can I see during the Langtang and Gosaikunda Trekking?

During the Langtang and Gosaikunda Trekking, you can witness majestic mountain vistas like Langtang Lirung, Langshisha Ri, Dorje Lakpa, Kyunga Ri, Gangchenpo, Changbu, Ganesh Himal, Yansa Tsenji, and several others.

What permits are necessary for the Langtang and Gosaikunda Trekking?

Trekkers will need a Trekkers Information Management System (TIMS) card and a Langtang National Park Permit. You can obtain the card from a government-registered trekking agency in Kathmandu.

Do I need travel insurance for Langtang and Gosaikunda Trekking?

Yes, you must have travel insurance to trek to Langtang and Gosaikunda. The insurance must cover high altitudes above 4,500 meters above sea level, medical bills, emergency expenses like helicopter rescue, trip postponement/ cancellation, and baggage loss/ damages.

What accommodations are available during Langtang and Gosaikunda Trekking?

Teahouses, lodges, and guesthouses are available along the Langtang and Gosaikunda Trekking routes. These basic accommodations offer simple facilities such as beds, blankets, and pillows. They usually have twin-sharing rooms, shared bathrooms, and communal dining spaces. You can find some luxurious accommodation in the lower regions.

Do I have to hire a porter for Langtang and Gosaikunda Trekking?

Hiring a porter is not mandatory, but they help reduce the physical strain during the Langtang and Gosaikunda Trekking. They carry your heavy luggage, leaving you free to enjoy the trek baggage-free. Similarly, reducing physical strain makes it less arduous to ascend to higher altitudes and reduces the risk of injuries or accidents.

How can I prepare for the Langtang and Gosaikunda Trekking?

The best way to physically prepare for the Langtang and Gosaikunda Trekking is to undertake cardio exercises and workouts a few months before the trek. Exercises like running, jogging, cycling, swimming, etc., help boost your strength and stamina. Similarly, proper research about the route helps to build mental resilience.

Are WiFi facilities available during the Langtang and Gosaikunda Trekking?

The Langtang and Gosaikunda Trek accommodations offer WiFi and internet facilities. However, the connectivity is poor and unsuitable for heavy data-intensive work. The internet is enough for you to communicate with your family and friends. You will have to pay additional fees for the internet facility.

Can I use a credit card during the Langtang and Gosaikunda Trekking?

The Langtang area lacks proper infrastructure and facilities, so you cannot use credit cards during the Langtang and Gosaikunda Trekking. You will also not find any ATM facilities. Thus, you should carry sufficient cash (Nepalese Rupees) for the trek.

Is drinking from taps along the Langtang and Gosaikunda Trekking route safe?

Although it is safe to drink from the taps you will find along the Langtang and Gosaikunda Trekking route, it is best to avoid doing so. Bring a water bottle and fill it with boiled and filtered water. You can also carry a water purification tablet or portable filters for further safety. Another option is to buy bottled water from the shops.

What is the cost of the Langtang and Gosaikunda Trekking?

The Langtang and Gosaikunda Trekking costs around USD 700 to USD 1300 per person. However, the cost of the trek package can vary depending on the duration, season, group number, and services. Due to high demand and more trekkers, the trek packages usually cost more during peak season (spring and autumn). Meanwhile, it costs slightly less to trek in off-seasons as there are fewer trekkers on the trails.

Is there risk of altitude sickness during Langtang and Gosaikubda Trekking?

Yes, there is a slight risk of altitude sickness during Langtang and Gosaikunda Trekking. The trek takes you to a high elevation of 4,500 meters above sea level. The oxygen level and air pressure reduce as you move to higher altitudes, which exposes trekkers to altitude-related sickness. Hence, acclimatization is crucial during the trek.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun***. Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable***. You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and

will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,
House, Raniban Marg
136/205, Nagarjun, 01, Kathmandu 44600, Nepal