

## LANGTANG VALLEY, THE HOLY LAKES OF GOSAINKUNG AND BELANGU TREK



### **Day 1 Dhunche (6,450ft. /1,866m.) 8 hours**

It is now possible to drive from Kathmandu to Dhunche in about 6 hours. Dhunche lies on the east bank high above the Trisuli River. Taking advantage of starting the trek from Dhunche allows the routing to cover some of the best trekking country in Nepal. (areas which comparatively few foreign trekkers visit). The first night camp is generally between Dhunche and Bharku.

### **Day 2 Forest Camp (6,500ft. /1,982m.) 6 hours**

A fine day's trekking as the route traverses high above the junction of the Trisuli River and the Langtang Khola. Syabru is a busy village with the houses laid out almost in single file down the hillside. Mixed Sherpas and Tamangs farm the area. The trail drops steeply down towards the river and the camp is located in fine deciduous forest near the bank of the river. A glacier cold swim is available.

### **Day 3 Ghoratabela (10,000ft. /3,048m.) 5 hours**

Half an hour further up stream, the trail crosses to the north bank and climbs steeply for an hour up through the Langtang Gorge before the ascent eases and the valley widens out into an area where an army post is located and there are plenty of good campaign areas near by.

### **Day 4 Kyangjin Gompa (12,600ft. /3,840m)**

Out into wide alpine country with easy walking up to the large village of Langtang – a Sherpa settlement. These people are rather dourer than our own trekking Sherpas from the Solu Khumbu area. Another two hours leads to the highest settlement in the valley at Kyangjin Gompa. Here, there is a government rest house, cheese factory, and a Gompa.

### **Day 5 Kyangjin Gompa**

This makes an excellent base for side walks either immediately above the Gompa to the foot of the Langtang Lirung glacier, eastwards to Langsisa glacier or a tougher ascent of the northern flank of the valley towards Yala Peak. From this area, there are views west towards Langtang Lirung (23,765ft./7,245m.) and the Ganesh Himal. To the south lies the Ganjala Himal and a view of the high pass crossing which leads to Helambu.

### **Day 6 Lama Hotel, 5 hours**

This is the location of two or three shepherd's huts which also act as teahouses. It lies below Gharatabela in the forest.

### **Day 7 Syabru (6,950ft. /3,901m.) 5 hours**

Walk back down through the forest across the river. Lunch at forest camp and then trek back up to Syabru.

### **Day 8 Sing Gompa (10,675ft. /3,254m.) 7 hours**

A hard morning pull up the hill immediately behind Syabru leads to a ridge line offering views north into Tibet and west towards the Annapurna range. The afternoon walk contours through ancient

hemlock and rhododendron forest to the little settlement of Sing Gompa, high above the Trisuli. In spring, the area is a mass of flowers, and fresh cheese is sometimes available at the cheese factory.

**Day 9 Gosainkund (11,000ft. /4,312m.) 5 hours**

The country changes again becoming alpine and the approach to the famous holy lakes is through harsh granite country with the forest left far below.

**Day 10 Chopte cave (11,000 ft. /3,566m.)**

Climb away out of the bowl housing the lakes for 1,000ft. /305m. on to the pass leading south. Another hour cross and scree before a jolting descent and the path turns eastwards. The campsite is near an enormous boulder which provides protection from the wind. This has been misnamed “the cave”.

**Day 11 Tharepati (11,450ft./3,449m.)**

Descending along the ridge, the trail continues its steep descent through forest and past herders’ huts to a stream at 3,320 m. From here we climb to Tharepati.

**Day 12 Malemchi Gaon (8,400ft. / 2,560m.) 4 hours**

Keep an eye out for the pheasants and other wildlife in the area. After lunch a steep scrambling descent leads down to the village of Malemchigaon valley.

**Day 13 Tarnagmarang (3,150 ft. / 960m.) 6 hours**

A knee-wobbling day as altitude is rapidly lost descending to the Malemchi River Valley. Tarangmarag is a busy trading village with good swimming available to cool off after the day’s trekking.

**Day 14 Pati Bhanjyang (8,00ft. / 2,438m.)**

Lies on the north facing slopes of the foothills surrounding the Kathmandu Valley. A lovely day’s walk past some Tamang and Chettr/Bahun villages leads to a steep climb to the campsite. Given clear skies, the whole Himalayan range, from Everest in the east to the Annapurnas in the west is visible.

**Day 15 Sundarijal-Kathmandu**

A short climb crests the Valley rim followed by a descent down a busy trail where people are enroute to or from trading in Kathmandu. There is a charming lunch spot at a man-made lake providing water for the area. The final descent follows the water pipe line to the village of Sundarijal where transport is laid on for the return trip to Kathmandu which takes about one hour.