

HELAMBU-GOSAINKUND- LANGTANG



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Url: <https://mandalatrek.com.np/trip/helambu-gosainkund-langtang/>

Country

Nepal

Difficulty

easy

Day 01: FLIGHT TO NEPAL

Day 02: ARRIVAL IN KATHMANDU

- Transfer by minibus from the Mandala Treking agency to the Nirvana garden hotel in Thamel. We settle some formalities and depending on the time of arrival, on the way for a first discovery of the bazaar or sleep or simply rest.
- Dinner at the Nirvana Garden Hotel.

Day 03: DISCOVER THE CITY'S GOLD AND TREASURES.

Swayanbunath, Durbar square, Thamel, accompanied or not according to wish. Last preparations, purchases, adjustments because we leave tomorrow towards Sundarijal.

Tibetan dinner at Utse restaurant. The famous Giagok enters the scene.

Day 04: BUS FOR SUNDARIJAL 1410 M. A GOOD HOUR OF JOURNEY IN PERSPECTIVE. HIKING TO CHISAPANI 2180 M. BUS FOR SUNDARIJAL 1410 M. A GOOD HOUR OF JOURNEY IN PERSPECTIVE. HIKING TO CHISAPANI 2180 M.

940 M ⇄ 270 M ⇄ 10 KM - 3H30.

- Close to Kastamandap, the mountain invites itself, curiously of course. The walk is almost entirely part of the Shivapuri water and wildlife protection reserve. We enter the first of the 3 countries.
- We progress along a penstock that never seems to want to interrupt its

crawling of rusty metal casings and dying bolts. But there are no water leaks to scrutinize, nor untimely geysers on the horizon or almost... It's curious but that's how it is, in the very heart of the reserve, this liquid snake traces its route towards the valley. Preserving is combined with existing, living, adapting natural resources to humans without upsetting particular balances. And so, in Borlang Bhanjyang at 2420 m, it is already only a distant memory but also a companion for a while on the road. Nothing is out of the ordinary! Everything is now to be invented! Along a ridge, in the middle of a beautiful forest, our minds wander, carried by promises of happy days.

- Night in lodge.

Day 05: FROM CHISAPANI 2215 M TO TALAMARANG 920 M.

□ 350m □ 1530m □ 19km - 6h30.

- We first follow a ridge towards Pati Bhanjyang at 1760 m, at the convergence of three paths. Then begins a long descent embellished with multiple and charming landscapes of the daily life of the Nepalese on little frequented paths. We negotiate crossing Danda kateri on the southern slope to Thakani then, we gradually land on cultivated terraces in lively hamlets, up to Talamarang at the confluence of the Melamlchi and Talamarang khola.
- Night in lodge.

Day 06: TALAMARANG 960 M TO KAKANI 1944 M.

□ 1080 M □ 40 □ 9 KM - 5H30

- A short day seems to be looming. But you still have to climb 1000 m towards the origin of Nangri Danda which stretches far, very far towards the difficult Ganja la, the pass which opens onto the upper Langtang and Kyanjin gumpa where we will be in 10 days. The Pokhari pass 1565 m is easily reached. It remains to dawdle peacefully for a while longer and admire the sumptuous landscapes offered by this superb belvedere.
- Night in lodge.

Day 07: KAKANI 1944 M TO TARKEGYANG 2557 M.

□ 1430 M □ 815 M □ 17 KM - 7H30. HIGH OPTION.

□ 400 M □ 295 M □ 13.5 KM - 5H30. LOW OPTION.

- Of course you will still have to climb, but today's walk is dominated by delight and a certain eclecticism of the landscape, as if such diverse and varied living environments had come together to cling to this end of the ridge. Small and pretty hamlets line the route to Nag danda just before the Nigale pass at 2500 m. Sermathang 2568 m, a larger village welcomes us for lunch. The environment smells of Buddhist influence and there are many chortens and stone walls engraved with mantras. At Gangyul 2520 m, we finish our climb of the day. In the distance, the majestic and haughty peaks of Langtang offer themselves such beautiful gifts to our admiration. We end up coasting towards the pretty and pleasant village of Tarkegyang. So this is the course in uninviting weather, but if the air inspires us, we will go up there, on the crest of the Nangri danda, on the origin of the road to Ganja there. The world is so beautiful seen from this belvedere.
- Night in lodge.

Day 08: TARKEGYANG 2508 M TO MELAMCHIGAON 2520 M.

□ 645 M □ 658 M □ 6 KM - 4H30.

- Melamchigaon is half a day away and it is already a question of devoting time to the recovery and acclimatization. And then, a siestoune further, sated and calmed, we can dedicate ourselves to reaching the bridge on Melamchi khola first at 2150 m then in 1h30, a formality, to revel in the symbiosis of two worlds, natural and human, harmoniously associates.
- Night in lodge.

Day 09: MELAMCHIGAON 2520 M TO THAREPATI 3560 M

□ 1130 M □ 30 M □ 5 KM - 4H00.

- Sorry to put you through this, but a steep path like that, apart from the Nepalese, nobody thinks about it... Don't worry, the multiple laces and

hairpins play on this verticality. No danger is to be expected and therefore no fear is to be had. It had to be done and moreover in a sumptuous forest, a mixture of various species including the famous laligurans, the arborescent rhododendron, the emblematic tree of Nepal. At the end of the trail from another time, here is already Tharepati and there, we land for the night. Tharepati is damn hung in the sky and the village is anchored on a ridge from where you can look down a lot but also far up, the peaks there, so elegant and attractive, like sirens whose song is carried tirelessly by the wind from above, this uninterrupted and persistent flow, sometimes rising, sometimes descending, almost never at peace with itself. It's like my Cers, the wind of my country. Do you make a friend of him or else... I digress, but not that much. Beings, elsewhere, where they live, have the same constraints, the same adaptation needs. It is this language that brings us together. But that everything will be more pleasant afterwards.

- Night in lodge.

Day 10: THAREPATI 3560 M TO PHEDI 3680 M.

□ 570 M □ 480 M □ 8.2 KM - 5H00.

- This course of little elevation gain offers some resistance to the trekker. It is a balcony suspended in the air, which goes up and down tirelessly, a mosaic of landscape variations of maddening richness, especially after Gopte 3600 m, where we have lunch. Perhaps, you will have the pleasure of admiring the Danphe, making it colorful, another emblem of Nepal. It was in these places that he appeared to me the only time among all my forays into Nepal. I wish you could have that privilege. In Phedi, a waterfall fills the air with spray and swirls of sound, a small welcome gift.
- Night in lodge.

Day 11: PHEDI 3680 M TO LAUREBINA YAK PASS 4610 M AND GOSAINKUND 4400 M.

□ 930 M □ 240 M □ 6.5 KM - 4H30.

- It's clear and clear, the attack of Laurebina yak pass is frank, like the attack of Thorong la, just to erase a moraine and then, calmly, step by

step, smoothly, you gradually become one with this strange world of minerals and devious herbs. The pass is a meadow and you arrive there discreetly, as if inadvertently. You are captivated by what the Himalayas of Langtang Lirung offer you, this very high mountain perched, nestled against the bruised country of Tibet. And your eyes stared fatally into the azure water and sky of Najinkund in Gosainkund. Let us sit there to impregnate our fibers and our souls with this earthly nirvana.

- Night in lodge.

Day 12: GOSAINKUND 4400 M TO SING GOMPA 3340 M.

□ 35 M □ 1170 M □ 9.5 KM - 4H30.

- At each pass, we free ourselves from the weight of the fear of not getting there. Gosainkund is not yet the place where beer flows freely, no! Later, because a zest of vigilance is desirable. At Laurebina 3620 m, the air calms down, finally. We are only going down to hospitable places, made for humans and Sing Gompa is not the least of the havens of humanity. This is still the case, a lodge does not display prices but suggests that pilgrims pay what is fair for them to pay.
- Night in lodge.

Day 13: SING GOMPA 3340 M TO RIMCHE 2480 M

□ 850 M □ 1670 M □ 15.5 KM - 6H00.

- The recklessness could not last at this point although, well, apart from the slightly steep downhill slope at times, the exercise remains frequentable. The particularity of the day lies in the fact of entering the Langtang valley. Sad tropics if I can clumsily borrow this literary achievement from someone, but it is certain that after 2015, the upheaval that the earthquake caused continues to cause tremors. The inhabitants of this valley are resilient, by obligation, finally the few who can be. I dread treading the graveyard of rocks in the village of Langtang. But this trek is not a pretext, a therapy, it's just a passage. So, Tulo Syaphru nestled on its spine ridge so thin that it is almost unreal to live there. Below, the Langtang khola rumbles with furious waters and foams so that Bamboo of yesteryear was carried away on the occasion of a watery wrath towards

the valley. Wise and sensible, the spectators of this fury have secured their cocoon of life and ours too. As you pass through the gorge, comb hives well hung under the overhangs do not care about these wanderings. And we appreciate this casualness, this show of art and challenge to physics.

- Night in lodge.

Day 14: RIMCHE 2480 M TO LANGTANG VILLAGE 3550 M.

□ 1050 M □ 55 M □ 13 KM – 5H30.

- Soon the confluence of two paths gives hope that the oppression of liquid fury will finally leave us a respite, a little silence and this is the case from Rimche, then to the hamlet of Lama hotel 2520 m. The slope calms down and gradually, the impetuous torrent turns into a dreamy and wandering wave in the meadow. We sit down and let the body relax.
- Night in lodge.

Day 15: LANGTANG VILLAGE 3550 M TO KYANJIN GOMPA 3880 M.

□ 410M □ 10M □ 6KM – 4H00.

- At Goratabela 3400 m and up to Lantang village 3455 m, life resumed its course. The houses have grown back like the seedlings at the end of winter, without worrying about the past, the gaze carried by the life that invites itself. I have been told that the natives thank the walkers for coming and breaking their too long solitude, abandoned as they were by the whole earth. And all around, the wild beauty of the mountains taunts the emotional inclinations of humans. Let us soak up this maddening quintessence to extract an elixir of hope for a good life for our passing brothers and sisters.
- Night in lodge.

Day 16: KYANJIN GOMPA 3880 M, TSERGO RI 4984 M, KYANJIN GOMPA 3880 M.

□ 1100 M □ 1100 M □ 9.5 KM – 6H30.

Gompa, cheese dairy, short walk or Tsergo Ri, the choice of moods. And all the festivities are to be enjoyed during the day. Point of di

Day 17: DEPART