

HELAMBU LANTANG



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

Country

Nepal

Difficulty

easy

- 9 DAYS OF TREK
- 13 DAYS IN NEPAL
- MAXIMUM ALTITUDE 4,600M

- Period: October – November and March – April
- Small nine-day trek, easy to access and presenting no technical difficulties, in addition to crossing a pass at an altitude of 4,600 m.
- Beautiful view of the Himalayan range and the massifs of Langthang, Ganseh Himal, etc.
- Accessible to anyone in good health and who likes to walk.

Day 01: ARRIVAL IN KATHMANDU.

Transfer to Hotel on B/B.

Day 02: FREE DAY IN KATHMANDU.

Préparations for trek and Night at the same Hotel on B/B

Day 03: KATHMANDU - SUNDARIJAL

- By road (45 min) then trek to Chisopani.
- Superb view of the Himalayan chain of Annapurnas to Makalu (5 h – 2000 m)
- Night under tent.

Day 04: CHISOPANI - GOL BHANJYANG (6H - 2200M).

- Short descent to Pati Bhanjyang then climb to Gol Bhanjyang crossing several several villages.
- Camp.

Day 05: GOL BHYANJYANG/MONGEGOT (6H - 3000M).

Visit the small monastery of Kutumsangu.

Day 06: MONGEGOT - GOPTE (5 H - 3700 M)

Day of walking in a forest of rodhodendrons, in bloom in April. Camp near the

village of Gopte.

Day 07: GOPTE - FOOT OF GOSAIKUND PASS (4 HRS - 4300 M)

Night at altitude. Camp at the foot of the pass.

Day 08: PHEDI - GOSAIKUND PASS (4600M) - GOSAINKUND (4 HRS - 4300M)

Easy day without technical problems except the altitude. Superb view of the Ganesh Himal, the Langtang; and the Manaslu. Camp at the edge of the sacred lake of Gosainkund which is a great place of pilgrimage in October.

Day 09: GOSAIKUND - SYABRU VILLAGE (6 H - 2500 M).

Descent through the monastery of Sing Gompa which can be visited as well as a cheese factory. Camp near the village of Syabru in Tamang country.

Day 10: SYABRU-DUNCHE (6 A.M. - 1950 M).

Day of descent to reach Dunché and the road. Night in a guest house in Dunché.

Day 11: DUNCHE - KATHMANDU BY BUS

- approximately 6 to 7 hours drive).
- Night in B/B at the same hotel.

Day 12: FREE DAY.

Same hotel in B/B

Day 13: DEPARTURE.