

## Lamtang Valley Treak

Starting Point	Distination	Hours	Altitude
Kathmandu	Dhunchu		1,960m
(Car/Bus)	Syafrubesi	6-8	1,420m
Dhunchu	Thulo Syafrubesi	4-5	2,120m
Thulo Syafru	Bamboo	3-4	1,975m
Syafrubesi	Bamboo	4-5	1,975m
Bamboo	Lama Hotel	3-4	2,840m
Lama Hotel	Ghoda Tabel	3-4	3,000m
Ghoda Tabela	Langtang	3-4	3,420m
Langtang	Kyanjin	2-3	3,900m

Dhunchu to Helambu via Gosaikunda			
Dhunchu	Singh Gomba	5-6	3,000m
Thulo Syafru	Singh Gumba	3-4	3,300m
Singh Gomba	Cholang Pati	2-3	3,500m
Cholang Pati	Lauribina	2-3	3,900m
Lauribina	Gosaikunda	2-3	4,380m
Gosaikunda	Lauribina pass	1-2	4,610m
Lauribina pass	Ghopte	2-3	3,400m
Ghopte	Tharepati	3-4	3,630m
Tharepati	Melamchighyang	2-3	2,650m
Melamchighyang	Tarkeghyang	3-4	2,550m
Tarkeghyang	Shermathang	3-4	2,800m
Shermathang	Melamchi Pul	5-6	830m
Sundarjal to Gosaikunda and Helambu			
Sundarjal	Pati Bhanjyang	5-6	1,770m
Pati Bhanjyang	Kutumsang	4-5	2,470m
Kutumsang	Thadepati	3-4	3,630m

## How To Get The Park

The most common way to reach the park headquarter, Dhunchu from Kathmandu is a bus ride of about 5-7 hours.

## Acclimatization and safety precautions

High altitude sickness (HAS) can be life threatening if elevation is gained too rapidly without proper acclimatization. Over exertion and dehydration contributes to HAS. Drink at least 3-4 liters of water everyday besides tea and coffee which act as diuretics. Watch the health of your companions and porters. Medical doctor's advice against ascending more than 400m a day once above 3000m elevation. Alternatively, one can spend an extra night at 3000m and 3,500m before ascending further. The symptoms of HAS are-headache, difficulty in sleeping breathlessness, loss of appetite and general fatigue. If someone develops these symptoms, stop ascending immediately. If symptoms persist, the only proven cure is to descend to a lower elevation. Carrying a comprehensive first-aid kit is advisable as there are no medical facilities outside Dhunchu.

The Lamtang-Helambu trails are rocky and slippery after rain or frost. Watch out for falling rocks while crossing Landslides but do not stop. Never hike alone. Hiring local guides is strongly recommended on the Ganja La (5,120m) trek and on Lauribina La pass (4600m) during winter. Emergency radio facilities are available at army posts at Ghoda Tabela and Lamtang. Telephone facilities are available at Singh Gompa and at major settlements in Helambu.

## General Code of Conduct

Follow the minimum code while trekking so that you and your host (local nature and people) benefit for indefinite years to come. Because what you benefit from a particular tourism destination at present and future largely depends on how you impact the local environment and culture.

### i. Conserve forests

- The use of firewood is prohibited.
- Don't light campfires: Cook with kerosene or gas and take sufficient warm clothing.
- Choose lodges that use alternatives to fuelwood for cooking and heating.
- Kerosene/gas can be bought at Dhunchu, Syafrubesi, Thulo Syafru, Lama



Hotel, Kutumsang and Melamchighyang.

- The purpose of the depots is to encourage private hotel/lodge owner's to use kerosene/gas as an alternate source of energy and help conserve the alpine vegetation.

### ii. Stop pollution

- Carry out what you carry in.
- Buy only what won't pollute, or carry it out.
- Use safe drinking water (ozonated) or purify water yourself.
- Do not use the polythene/plastic materials.

## Park Regulations to follow or things to remember

- An entry fee of Rs. 3,000 (Foreigners), Rs. 1,500 (SAARC Nationals), Rs. 100 (Nepali) visitor and Rs. 25 for tourist porter should be paid at designated ticket counter.
- Valid entry permits are available from the National Parks ticket counter at the Nepal Tourism Board, Bhrikuti Mandap, Kathmandu or park entrance gate at Dhunchu, Kutumngsang, Timbu and Tempathan.
- The entry permit is non-refundable, non-transferable and is for a single entry only.
- Entering the park without a permit is illegal. Park personnel may ask for the permit, so visitors are requested to keep the permit with them.
- Get special permit for documentary/filming from the Department of National Parks and Wildlife Conservation (DNPWC).
- Documentary/filming fee of US\$ 1500 (Foreigners), Rs. 50,000 (SAARC Nationals) and Rs. 10000 (Nepali) should be paid at DNPWC. Additional 25% should be paid while using drone for documentary/filming.
- Drone (UAV) fee is same as documentary/filming fee while using it for other purposes.
- Don't remove or damage plants and animals. All flora and fauna are fully protected and must not be disturbed.
- Rubbish must be placed out, buried or disposed off in designated areas.
- No one should walk within the park between sunset and sunrise.
- Do respect the cultural and religious sites.
- Visitors should be self-sufficient in fuel supply (kerosene/LP gas).
- Camping inside the park should be made only at the designated areas.
- Carry out non biodegradable items such as batteries, plastic bags and bottles.
- Never trek alone, hire a local guide if you can't find a companion.

Wish you a very happy and memorable experience !



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LAMTANG NATIONAL PARK

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## Background

Lamtang National Park (LNP), declared in 1976, is situated in north central Nepal covering 1710 Km<sup>2</sup>, which extends parts of Rasuwa, Nuwakot and Sindhupalchowk districts. The park encompasses Gosaikunda and associated lakes, which were declared wetlands of international importance in 2007 under the Ramsar Convention. The park represents a meeting point between Indo-Malayan and Palearctic Realms and holds rich biodiversity. LNP represents some of the best examples of graded climate conditions in the Central Himalaya. Elevational gradients (ranging from the mid-hills to the alpine zone) coupled with complex topography and geology have resulted in rich biodiversity. In 1998, an area of 420 km<sup>2</sup> in and around the park was declared as buffer zone. Buffer zone management is a joint venture between the park office and the local communities. The local communities have a decision-making role in the management of such areas. Additionally, National park and Wildlife Conservation Act, 1973 has made a provision of ploughing back 30-50% of the park's revenue into community development and conservation of the beffer zone.

The three main ethnic groups in LNP and its buffer zone are Tamang, Yolmo and Bhotia, each thought to have originated in Tibet. The cultures are discernible by their language, home style, dress, ornaments and customs. They follow the Bon religion, a pre-Buddhist doctrine prevalent in Tibet. The Yolmo people of the Helambu region are often referred to as the "Sherpa". However, their language and socio-cultural set-up do not resemble the Solukhumbu Sherpa. They are rather silimar to the Lamtang Bhotias and may also have migrated hom the Kyirung area of Tibet. Their religion and monasteries reflect rich buddhist traditions. It is believed that Gosaikunda was created by Land Shiva when he thrust his Tribent into a mountain to draw water to cool his throat after swallowing poison.

## Major Flora and Fauna

LNP and its buffer zone consists of sub-tropical to alpine zone, rich in floral and faunal diversity. The sub-tropical vegetation is characterized by the Sal (*Shorea robusta*), Chilaune (*Schima wallichii*), Chirpine and Nepalese alder. The temperate zone is covered mainly by Rhodondron, Oak, Silverfir, Hemlock and Larch forest in the lower sub-alpine zone. Nepalese larch (*larix nepalensis*), the only deciduous conifer in the region, is found in this park and a few places elsewhere. Throughout the beffer zones, different species of Rhododendrans form a colorful understory. Juniper and Rhododendron shrubs (*R. anthopogan*) slowly dissolve into the expansive alpine grassland meadows. Lamtang's expansive high altitude meadows provide a summer habitat for the Musk Deer and Himalayan Tahr. The park is also well known for its Red Panda, Himalayan Black Bear, Snow Leopard, Clouded Leopard, Wild Dog, Goral, Serow and more than 250 species of birds.



## Fact Sheet

Lamtang National Park & Buffer Zone	
National park declared year	1976 AD
National park area	1,710 km <sup>2</sup>
Location	Central Nepal (Rasuwa, Nuwakot and Sindhupalchowk districts)
Ramsar site declaration	2007 (Gosaikunda and associated lakes)
Bioclimatic zone	Sub-tropical-temperate-alpine
Elevation	1,000 m (Trishuli river bed Ramche) to 7,245 m (Lamtang Lirung)above msl
Major geophysical characteristics	Himalayan region, glaciers, valley
Mojoj rivers	Trishuli and Bhotekoshi
Major peaks	Lamtang Lirung (7,245 m), Jugal Himal (6,989 m)
Main Mammals	Snow Leopard, Clouded Leopard, Musk Deer, Red Panda
Main birds	Himalayan Monal, Ibis Bill, Wood Spine
Major tree species	The Nepalese larch, pine, hemlock, fir, juniper, birch, rhododendron
Major destinations	Lamtang Valley, Gosaikunda, Helambu
Buffer zone declared	1998 AD
Buffer zone area	420 km <sup>2</sup>
Districts	Rasuwa, Nuwakot and Sindhupalchowk
Rural Municipalities	10 (Gosaikunda, Kalika, Naukunda, Uttargaya, Tadi, Dupcheshowr, Suryagadhi, Panchpokhari-Thangpal, Helambu and Jugal
Major caste groups	Tamang, Bhotia, Yolmo, Brahmin, Chhetri, Gurung
Economy	Agriculture, Animal husbandry, Business, Tourism

## Major Attractions

- The Lamtang Valley
- Gosaikunda Lake
- Buddhist culture (Tamang, Yolmo and Bhotia)
- Helambu region
- Red panda
- Ghyangphedi
- Dupcheshwori Temple



## Accommodation

There are several hotels, lodges, tea houses and campsites in the park and its buffer zone that offer modern amenities.

## Best Season for Trekking

### October-November

- Autumn is the best time to visit the park, when brilliant greens fed by the monsoon fade to golden/amber against the crystal blue sky and grains ripen in the enclaves.

### March-May

- By April, bursts of red, pink and white rhododendrons stretch into towering canopies of fir and oak forests.

### August

- A lively festival of Gosaikunda Lake attracts thousands of Hindu pilgrims.

## Use of Entry Fee

30-50 percent of the park's entry fee goea directly to the Buffer Zone Communities for:

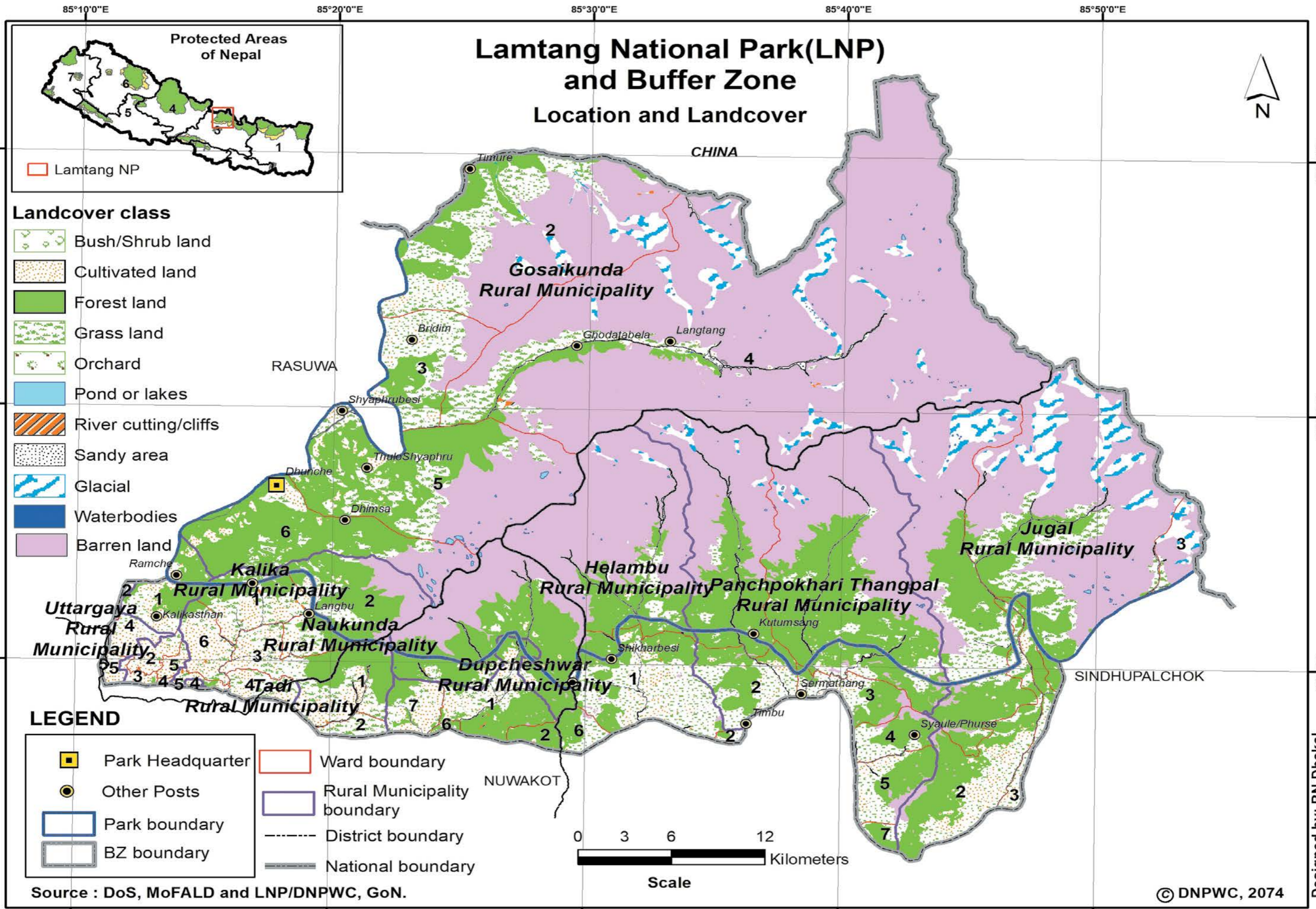
- Biodiversity conservation
- Community development
- Conservation education
- Income generation and skill development

## Popular Trekking Routes

Three main trekking routes: (1) Lamtang Valley, (2) Helambu and (3) Gosaikunda Lake cover much of the Lamtang National Park and the southern Helambu region. Lamtang and Helambu regions are connected through Lauribina La. All routes have locally opeated hotels/lodges, tea houses and camp grounds for trekkers. The park offers a choice of moderate to difficult hiking routes with durations ranging from 3 days to 3 weeks Lodges oeprate year round except during peak winter when the trails are blocked.



Trekkers who take extra time to explore the trail side wilderness (e.g. near Goda Tabela and Kyanjin), Hill top view point (Kyanjin) and cultural sites (notable in Melamchighyang, Tarkeghyang and Shermathang) will be well rewarded. One has to be self sustaining to venture to remote areas of the park such as panch Pokhari (five lakes), east of Helambu, the toee of the Lamtang glacier, and upper level valley from Kyanjin, and over the challenging Ganja La pass in upper Lamtang Valley.



28°20'0"N  
28°10'0"N  
28°0'0"N  
Designed by: BN Dhakal