



Langtang, Helambu & Manaslu

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Why Go?

The first trekkers in Nepal started on the outskirts of Kathmandu, and the mountains north of the capital have long been the favoured choice of trekkers with limited time in the world's highest mountains.

Unfortunately, Langtang, Helambu and Manaslu were the three areas hardest hit by the 2015 earthquakes. Entire villages were destroyed by landslides in the Langtang Valley, and lodges collapsed like children's building blocks along all the main trekking routes in these areas.

It is likely that the Langtang Valley and associated treks to Gosainkund and the Ganja La will be off-limits to trekkers until at least mid- to late 2016, and even then, these treks may only be possible as camping treks until trails and infrastructure are restored.

North of the earthquake epicenter at Gorkha, Manaslu was also devastated, with collapsed lodges and small landslides all along the Around Manaslu trail. Many villages in Helambu – the closest trekking area to Kathmandu – were also destroyed, though the Tamang Heritage Trail escaped with less damage.

At the time of writing, only the Tamang Heritage Trail was officially open to trekkers. It is essential to seek local information on the current status of trails and lodges before attempting any trek in this region.

When to Go

➔ In the past, October and November have been seen as the prime months for hiking this region. April, when the hillsides are aflame with colourful rhododendron flowers, is another popular time to trek.

➔ Trekkers have tended to avoid December to March, when the Laurebina La, Ganja La and higher parts of Manaslu trek are closed by snow, and lodges close at higher elevations.

➔ Mid-winter trekking is possible, though, on the much lower Helambu Circuit and the Tamang Heritage Trail.

