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GHT Langtang Rolwaling Trek via Tilman Pass - 19 Days

Langtang Tilman pass trekking trail is an ideal trekking trail is a wonderful Great Himalayan Trail which caters you a superb Himalayan scenery including the Langtang, Gaurishanker, and Rolwaling Himalaya range and cultural immersing of Tamang & Sherpa. GHT (Great Himalayan Trail) Langtang to Rolwaling Trek via Tilman pass (5300m) is one of GHT part of Nepal. GHT Nepal consist the 10 section throughout the Himalayas foothills of Nepal. Langtang to Rolwaling via Tilman pass is a wonderful trek which passes all the way from Langatang valley to Rolwaling valleys through beautiful hamlets, rocky gorges, lush vegetation, and stunning views of snowcapped peaks.

Langtang to Rolwaling trek via Tilman pass trekking connects with two different Himalayan regions including the Langtang and Rolwaling along the Panch Pokhari (Five holy lake) which reawards the panoramic Himalayan views of Langtang and Lirung, Langtang Himal, Naya Khanga, Yala peak, Ganesh Himal, Langshisa, Gaurishanker, Dorjelakpa etc. Furthermore, the trail passes through many beautiful hamlets of Brahmin, Kshetri, Sherpa and Tamang and green forest with Rhododendron flowers, pine tree, where you may have chance to see wild animals/birds such as Mountain Thars, Bears, Leopard, Jackal, Monkeys, wild peaks, pheasant, peacock etc.

GHT Lantang to Rolwaling trek via Tilman Pass, kicks off from Syabrubesi along the Langtang valley and crossing the Tilman pass the trail tread all the way to Panch Pokhari the to Rolwaling.

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PRICE INCLUDES

- Airport pickup and drop.
- 4 Nights Hotel Accommodations in Kathmandu.
- Domestic airfare; Kathmandu to Kathmandu.
- All the government procedure.
- Trekking permits and National Park fee.
- Experience English speaking guide, Cook, Helpers and Porters/Mules.
- Trekking equipment -Mattresses, Member tents, and Kitchen utensils.
- Three-time meals during a trek along with Tea/coffee and snacks.
- Staff's salary, food, insurance, and clothing.

PRICE EXCLUDES

- International flights and visa fee.
- Personal expenses and meals in Kathmandu.
- Travel insurance, Rescue, and evacuation.
- Tips and gratitude for staffs.
- Donation and local entrance fee.

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu

Arrival in Kathmandu & transfer to hotel.

Day 2: Free day in Kathmandu

Welcome by our local team and briefing by the guide on the progress of the expedition.

Day 3: Drive from Kathmandu to Syabrubesi (1500m) 6-7 hours

Syabru Besi is only separated from the capital by 120 kilometers, but in Nepal it takes 6 hours of transfer. For the midday stop, we will all find ourselves sharing a dal bhat with the Nepalis who make this journey daily. Shyabru Bensi is the starting point of the Langtang trek and the Gosaingkunda trek

Day 4: Syabru Besi to Lama Hotel (2750m) 6 hours

We plunge into the Langtang Khola valley. A few small steep paths lead to Domen then the Bamboo camp guesthouses. From Rimche the first views are offered to us, the gorge widens slightly. There are 20 minutes left to reach our camp at Lama Hotel.

Day 5: Lama Hotel to Langtang(3440m) 5 hours

From Lama Hotel, the trail continues to climb into the forest. We cross the villages of Gumnachok, then Ghoratabela. The valley then becomes wider, and the forest gives way to shrubs. The trail continues to climb steadily to the village of Langtang (3430 m). Completely destroyed, it slowly rebuilds itself on its upper part on protected platforms.

Day 6: Langtang to Kyanjin Gompa(3800m) 7 hours

We continue our acclimatization in the heart of a valley which opens gradually. The stupas are more numerous before joining a series of ground movements. Kyanjin's gompa is hidden behind the last one. In wood, it has kept all its cachet.

Day 7: Kyanjin Gompa to Tsergo Ri (4950m) and Kyanjin Gompa 7 hours

The views of Langtang Lirung, Pangen Dopku and Tsergo Ri are more numerous. For the more motivated, it is interesting to climb on this last promontory. The view is there at 360 ° and allows to better understand the network of mountains of this valley which seems closed.

Day 8: Kyanjin Gompa to Langshisha Kharka (4285m) 7 hours

You have to leave this last village to go up the valley. The climb is gentle in a valley which narrows. The pass appears in the distance with its multiple prayer flags. Our future camp appears below, at the entrance to the Langshisa valley. Tomorrow, we therefore definitively leave our main axis and leave the Morimoto camp to the north.

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Day 9: Langshisa Kharka to Morain(4720m) 5 hours

Morain's camp is not that far, but the terrain is not that easy. There are many rivers that can slow us down. Morain's camp is not that far away, but the terrain is not easy. We must reach the lake, which directs us to a second valley, to find our camp.

Day 10: Marain to Tilman Basecamp(4650m) crossing Tilman Pass (5320m) 7 hours

We absolutely have to cross the Tilman pass, it's our only escape. We start early. Depending on the snow level, you may need to secure the rope to go up and down around the pass depending on the glacier situation as it gets really slippery when there is old snow or ice. The ascent is made by a morainic slope then a passage on the glacier, the descent it, perhaps steep, and requires attention and vigilance. Night on the first possible flat, depending on the conditions.

Day 11: Tilman Base Camp to Tin Pokhari (4255m) 4 hours

We continue our descent. Still steep, it finds a gentler slope as it approaches Tin Pokhari. The first pastures appear and we leave the glaciers for a while. But the Lagang khola is impractical, so the next day you will have to follow in the footsteps of the herds on the mountain pastures.

Day 12: Tin Pokhari to Panch Pokhari (4070m) 6 hours

Little relative elevation today, but a large number of ridges to cross. Panch Pokhari is a group of 5 Hindu sacred lakes that are found in the Jugal Himal massif. From there, the path becomes much more traveled. It is a pleasure to find the forest not far from these lakes.

Day 13: Panch Pokhari to Temba Thang (2160m) 7 hours

The trail is initially complex to follow then it becomes well marked. He heads towards Tembathang once the bottom of the valley is reached. After a few kharkas, we find our first villages.

Day 14: Temba Thang to Kyansing (2705m) 5 hours

We follow the Lagang khola, then we pass a first shoulder to reach the Nyasem Bridge. A good steep path helps us reach the hamlet of Kyansing.

Day 15: Kyansing to Shotang Kharka (3370m) 5 hours

We regain altitude to reach the Chogormogor pass. We touch the 4000 meters, then we follow a ridge to finish in the Shotang kharka sector. It will be the presence of water that will determine our camp site.

Day 16: Shotang Kharka to The Last Resort (1200m) 5 hours

Short day from peak to peak to reach The last resort, a tourist hotspot for bungee jumping. A good hot shower will not be too much after crossing this pass.

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Day 17: The Last Resort to Kathmandu(1300m)

Nice day to return to Kathmandu. We find the hectic life of a changing Nepal.

Day 18: Free day in Kathmandu

Free day in Kathmandu. This day to be used during the trek in case of unforeseen circumstances.

Day 19: Fly back to home

Our representative will drop you to Tribhuvan International airport.