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Langtang National Park

The Langtang National Park is the oldest Himalayan national park of Nepal and lies just north of Kathmandu and stretches till the Tibetan border. Throughout the National Park there are three main trekking routes: Langtang Valley, Helambu and Gosainkunda Lake. The park is therefore often visited by trekking groups and individuals.

Practical:

Size: 1710 Km²

Established: 1976

Best Season: September - November and March - May

Park Main Entrance: Dhunche

Location: Central Region



Climate

The climate of Langtang is in some way similar to Kathmandu. September to October are the best months for trekking as the rain chance is small and the temperatures are comfortable. December to February are the coldest months of the year, which may lead to occasional snowfall along the way. March till May also provide comfortable temperatures, but the visibility is not as great as in the Autumn period. By the end of March/start of April the Rhododendron begins to blossom. The red, white and pink Rhododendron flowers form a fantastic colour spectrum with the green firs and oaks.

Flora and Fauna

Langtang has a diverse landscape where a total of eighteen different eco-systems can be observed, ranging from the Sal and Pine forests in the lowland, to the rough and rocky alpine landscape at high altitude. The flora consists of 1043 species of vascular plants of which 13 species, such as the Rhododendron Cownium, R. Lowndesii and Larix Nepalensis are endemic. A large population of these plants grows in the various large high meadows spread over the park. Tree species in the park include the Rhododendron, Laurel, Blue Pine, Sal and Castanopsis Indica.

Within this rich flora, many animals have found there home. Forty-six mammals can be found in the Langtang National Park. Mammals to be found are the Red Panda, Snow Leopard, Clouded Leopard, Musk Deer and Himalayan Tahr. In addition 30 species of fish live within the park boundaries as well as 70 species of butterflies and 345 species of birds such as the Impeyan Pheasant, Ibis Bill, White-Winged Redstart and the Snow Partridge.

Areas of Interest

Throughout the Langtang National Park there are three main-trekking routes. These routes cover most different landscapes and also cover some cultural attractions. The main trekking routes are named: Langtang Valley Trek, Helambu Trek and the Gosainkunda Trek. The latter is also popular amongst local tourists as the Gosainkunda



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lake is religious site for Hindus. Hindus believe that the lake is an abode of lord Shiva. Lord Shiva himself has dug this lake with his trident.

Activities

Langtang is pur sang a trekking destination and is best visited as integral part of a trekking. For more details on Trekking in the Langtang area please visit our [page](#) on Langtang Trekking.



Access

There are several ways to reach Langtang National Park. The most common, and leading to the park headquarters, is through the Trishuli Highway by bus or private vehicle. You can take the bus to Dhunche or you can take the bus even further to Syabru Besi. Another way to get into the Langtang National Park is to head from Kathmandu to Sundarijal (Shivapuri National Park) and start your hike from here and walk into the National Park. Sundarijal is also the starting point of the Helambu Trek.

Facilities

Langtang is the third popular **trekking** area in Nepal, after the Sagarmatha and Annapurna regions. Due to this the facilities along the most popular trekking routes are good and finding a Teahouse lodge for your overnight stay and lunch or dinner is no problem. If you need any help organising trekking in Langtang National Park, please [contact](#) us.

Park Information

Langtang National Park Office
Dhunche, Rasuwa
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