



Trip Review: Lantang Trek in Nepal, *by Kat*

In November 2004, I raised money for the Guide Dogs of Victoria, and went on their Global Challenge to Nepal. We spent ten days trekking the Langtang National Park to an altitude of 4610 metres.

After arriving in Kathmandu, we jumped on a hairy 10 hour bus ride to Bhaktapur (1800m) and then onto Dhunche (1950m) where we began our trek up the Langtang National Park. The terrain was amazing, the agriculture magnificent. The Nepalese use every land space possible to farm and grow wheat, corn and potatoes. Virtually isolated, the people live among cows and yaks.

On the eve of the trek, I was early to bed, with dogs barking everywhere and with what sounded like squirrels running around on the roof under a full moon. Early to rise the next morning, we headed up and down hills for what seemed like hours, off to Sing Gompa (2600m).

After a few corners on the track, I slowly settled into a rhythm. For the rest of the afternoon, we hiked through amazing rhododendron forests and remains of cabins/huts made of stone. On the way to Laurebina

(3900m), we passed Sing Gompa's monastery, a little clearing in the forest. The views included old rainforest, moss everywhere and more rhododendron trees.

Early the next morning, we set off for Gosaikunda Lakes (4200m). This was one of the most strenuous parts of the trek and had the most amazing sites: clouds rolling in at impossible speeds and snow capped peaks all around and ice on the ground. Temperature changes up here are incredibly fast.

Passing waterfalls and stunning lakes, we headed to Laurebina Pass (4610m) our highest point. Next down to Gopte (3200) and then back up to Therapati (3600m) where I began to recover from altitude sickness. With an extreme change in weather, I rugged up into thermals, and waterproof gear, only to get drenched anyway, due to the speed of the down pour.

Further down the trek, we passed sub-tropical rainforest lush with vegetation, only to arrive at the entrance of the Kathmandu Valley. With extreme heat and hot sun beating down, we finished the trek and jumped on a bus back to Bhaktapur where the adventure with the Guide Dog's Global Challenge ended.