Langtang Tamang Heritage Trek

Trip Facts

Duration: 14 days

Trekking Destination: Langtang

Maximum Altitude: 3870 M

Group Size: 1 People Or Above

Transportation: Drive/Hiking

Mode Of Trekking Tour: Hotel/Tea House

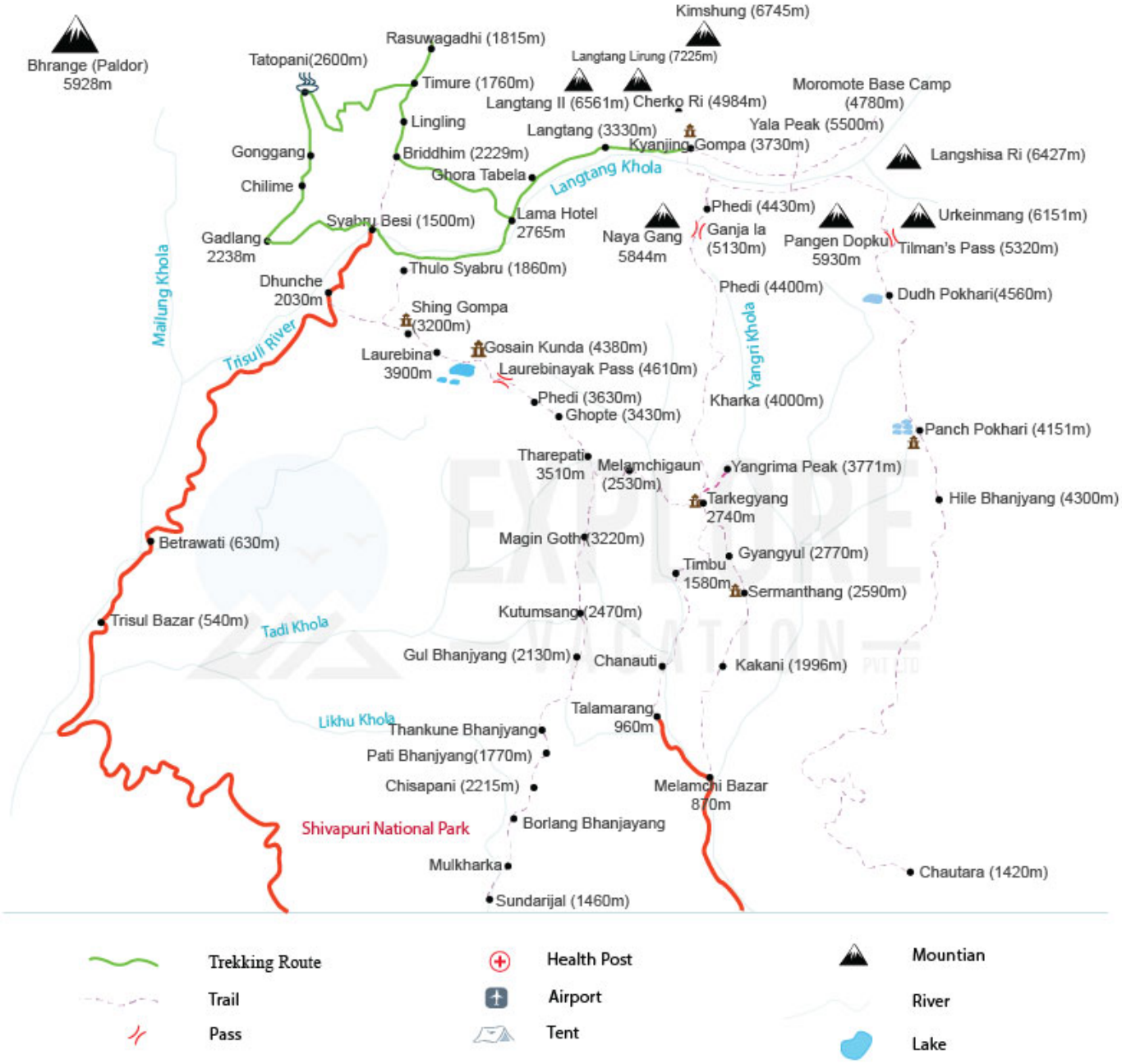
Trekking Hour: Approx 5-8 Hrs

Best Season: March/April/May/Sept/Oct/Nov

The "Tamang Heritage Trail" is the newly developed tourism aspect deviating from the regular track which highlights an ancient lifestyle of the Tamang people major inhabitants of the langtang region. The people of this region are mostly Tibetans who came from Kerung in Tibet hence the culture and traditions of these people are similar to Tibetan across the border. Since in early days, real Tibetans didn't get Nepali citizenship they changed their ethnicity to Tamang, which is what they still write till date. About 150 years ago, Nepal fought with Tibet for salt and some of the biggest war areas of that time lie in the Langtang Region of Nepal.

This trekking destination is just a day long bus journey from the capital, Kathmandu. This trek provides insights into the Tamang rituals, Tibetan culture, festivals, traditional architecture and costumes .Visitors will get an opportunity to observe Syabru, Mane and other local dances at Goljung and Gatlang VDCs. Trekkers can also shop for exclusive handicraft items like traditional caps, mufflers and other items which the villages sell. Tourists can enjoy hot bath in the healing hot-water spring at Tatopani before reaching Nagthali. The ancient monasteries and houses adorned with rich wood engravings at Thuman is yet another unforgettable experience. Also at Briddim village where there is home stay facility one gets to experience the famous Tamang hospitality.

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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a playcard bearing your name or the name of this travel agency .You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

Day 2:Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Bouddha Nath) etc. Today we will also be finalizing official procedure and other necessary arrangements, provide more information on your forthcoming trip, equipments and team composition. Later in the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

Day 3:Drive to Syabrubesi (1,550m/5,084ft)

Today we start early for a long road journey of of 7 to 8 hours to Syabrubesi which is the start point of the trek. The journey takes us through small pristine villages and terracced hills on the banks of the Trishuli River. We also get to view the enchanting panorama of the Himalayas, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region. Overnight at lodge.

Day 4:Trek Syabru Besi - Gatlang (2,200m/7,216ft.)

Today we begin our incredible Himalayan voyage with hike across terraced fields and meadows to the Goljung Village. En-route we get to enjoy the breath taking views of the Ganesh Himal, Shishapangma, Langtang Lirung among others. We will also get to enjoy and live the life of the small community of Gatlang village located on the hillside with the traditional stone houses. Overnight at Lodge

Day 5:Trek Gatlang – Tatopani (2607m /8550 ft)

Today our trail through rustic Nepal begins with a gradual descent to Thangbuchet with a panorama of the Ganesh Himal and Langtang Ranges. Then after crossing the Chilime Hydropower dam, our trail ascends until we reach Tatopani. Tatopani literally means 'hot water' in Nepali owing to the natural hot springs there. We can soak our body and reinvigorate body and soul at the natural hot water springs there. Overnight at Lodge

Day 6:Trek Tatopani-Thuman (2,400m/7,872ft) via Brimdang and Nagthali

Today is another amazing day, with the trails that meander through the rustic villages of Brimdang and Nagthali. Our trail crosses dense alpine forest, before finally arriving at the small Tamang settlement of Brimdang. From here we hike for several hours uphill before we finally arrive at Nagthali hill which is the climax of today's hike as the views of Langtang, Sanjen, Kerung and Ganesh Himal ranges is simply amazing

and have to be seen to be believed. From Nagthali it is a downhill hike to the small Tamang village of Thuman. Overnight at Lodge

Day 7:Trek Thuman – Briddim (2,345m /7,693 ft)

Today is comparatively leisurious day as we take the trail to Briddim. The hike takes us through Lingling and Thuma. During the hike we get to explore the rustic villages, a small Tibeto Buddhist community, settled on the lap of the Langtang Himal, Dukchu Gomba monastery .Overnight at Lodge

Day 8:Trek Briddim – Lamahotel (2470m/8,101ft)

Today our trail first descends to the Ghopche Khola before ascending to the Lamahotel via Rimche. Lama Hotel is on the banks of Langtang River and surrounded by lush forests and mountains. Overnight at Lodge

Day 9:Trek to Langtang village (3,430m /11,253ft)

After having breakfast you continue our trek ascending above the Langtang Khola. As the trail progresses, it becomes steeper and we get the most exotic sights of Langtang Lirung lying at 7246 meter. The trail leads to a log bridge and on climbing further we come across the lush meadows of Ghora Tabela at 3000 m. We will see several lodges and a police check post here. Further on, as we walk the route opens up into a wide valley of yak pastures and scattered Tamang villages with water-driven mills and prayer wheels. After reaching a height of 3500 meters and crossing a stream we arrive at Langtang village. Langtang village is the headquarters for Langtang National Park and has flat-roofed Tibetan style houses, hotels and cultivated lands yielding buckwheat, potatoes, wheat, turnips, barley etc. Overnight at Lodge

Day 10:Trek to Kyanjin Gompa (3,870m/12,697ft)

Today our trail skirts through rich yak pastures and interesting traditional villages of Muna to Singdun. We cross a wooden cantilever bridge and reach a wide valley after climbing a moraine. Finally, on ascending the mountain passes, we arrive at Kyagjin Gompa where there is a small monastery and a government-operated cheese factory which is famous for its production of cheese and curd products. Our trek today is short, allowing us time to acclimatize and explore the surrounding. Overnight at Lodge

Day 11:Trek back to Lama Hotel (2,380m /7,806ft)

From Kyangjin, we take the route back to Lama Hotel. As we retrace our steps, we follow the Langtang Khola to Langtang village and on to Ghora Tabela. We stop briefly for lunch and thereafter continue the steep descent to Lama Hotel. Overnight at Lodge

Day 12:Trek back to Syabrubesi

After a leisure breakfast, you proceed downhill to Syabrubesi through lush vegetation and catching some fantastic last views of the Himalayas. We can take your time and enjoy nature at its best. Lunch will be served at Syabrubesi and the rest of the day can be spent strolling around this small settlement. Overnight at Lodge

Day 13:Drive to Kathmandu

As we conclude our fascinating and incredible journey we take a short hike down to the Malemchi Pul (bridge) Bazaar, where we catch our transport back to Katmandu. A farewell dinner will be hosted on completion of the

trek! Overnight in Hotel

Day 14:Trip End, Departure

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

Trip Cost Includes

- Arrival/Departure transfers.
- Accommodation in Kathmandu wtin sharing room with breakfast.
- Accommodation teahouse/lodge with all meals (Breakfast, Lunch and dinner) during trek.
- Sightseeing tour in Kathmandu valley including tour guide and entrance fees.
- Kathmandu-Syabrubesi-Kathmandu transfer by Private Transport.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- All necessary paper work and permits (National park permit and TIMS)
- First Aid Kit.
- All government and local taxes.

Trip Cost Excludes

- Meals in Kathmandu.
- Nepal entry visa fee.
- Your travel insurance
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Extra Tea & Coffee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tip for Guide & Porters.
- Any additional cost due to unforeseen circumstances

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