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Tamang Heritage & Langtang Trek - 15 Days

Langtang region, one of the best trekking regions in the world has to offer a lot. To get the best of picturesque Langtang region, we have come up with this trip package that lets you explore popular Langtang valley via less trodden Tamang Heritage trail. It is the combination of Tamang Heritage trail, an off the beaten path in Langtang region and popular Langtang valley trek. As you walk along Tamang Heritage trail which is free from crowd, you get to experience untouched natural splendor and Tibetan culture in villages of Tamang, an ethnic group of Tibetan origin in Nepal. Continuing the trek, you traverse the path to enter Langtang valley passing through amazing landscapes and wonderful hills admiring awe-inspiring views of snowcapped peaks, lush rhododendron forest and spectacular glaciers. Langtang Valley Trek via Tamang Heritage Trail offers much more than any other common trek as it lets you traverse both less-frequented and more-frequented trails to get the best of Langtang region.

The trip begins in Kathmandu with sightseeing of some of the UNESCO's world heritage sites in Kathmandu valley. After admiring the cultural beauty of Kathmandu, we drive to Syabrubesi from where the actual trek begins. Traversing Tamang Heritage Trail, we enjoy the view of Himalayan peaks on the way and enter Tamang hinterlands to explore less-frequented hidden areas. We are welcomed by Tamang communities in their own villages like Gatlang and Briddim where we learn about their unique culture. After sharing moments with Tamangs and admiring their hospitality, we continue our trek to Tatopani where we relax taking hot bath and healing our tired feet in hot springs. From Tatopani and Briddim, we trek to Lama Hotel traversing Langtang Valley Trek route. The further trekking route is through Langtang National Park, the first Himalayan national park of Nepal. The park is rich in flora and fauna. Ascending Kyanjin Gompa, we reach the viewpoint of Kyanjin Ri from where we can enjoy breathtaking views of snowcapped peaks. If you want to add more adventure in your trekking, you have an option to trek for 6-7 hours to reach viewpoint above 5000m called Cherku Ri or Tsergo Ri from where you can capture mesmerizing Himalayan vista. Then, we descend down and take our usual route back to Kathmandu via Lama Hotel and Syabrubesi.

Join our trip package of 15 days of Tamang Heritage with Langtang Valley Trek. It is rated as a moderate trek and anybody with good cardiovascular fitness who has no problem walking 5-7 hrs a day can accomplish it with no risk of AMS (Acute Mountain Sickness). However, it is recommended to enhance your stamina by jogging and other physical exercises regularly few weeks prior the trek. The best months of the year for this trek are March to May (spring) and September to November (autumn). This trip can also be taken during winter if the cold temperature is suitable for you.

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will receive you at the airport and you are transferred to the hotel in Kathmandu in our private vehicle. You can take rest or visit our office or take a short Thamel tour. Overnight stay will be at hotel in Kathmandu.

Day 2: Kathmandu sightseeing – Pashupatinath, Swayambhunath, Boudhanath, Patan Durbar Square

This day, we explore cultural beauty of Kathmandu valley. Beginning our sightseeing trip after breakfast, you get an opportunity to visit some of UNESCO's world heritage sites in the valley including one of the holiest Hindu temple Pashupatinath, artistic and historically significant Patan Durbar Square (Palace) and two holy spiritual sites of Buddhists: Swayambhunath Stupa and Boudhanath Stupa. Overnight stay at hotel in Kathmandu (Meals included: Breakfast)

Day 3: Drive to Syabrubesi (1450m), approx 6-7hours drive by local bus

This day is scheduled for us to reach Syabrubesi, the gateway of Langtang treks. We take a scenic drive by local bus which takes us about 6-7 hrs to reach there. Heading north out of Kathmandu, we pass along the road at the bank of Trishuli River admiring spectacular views of Ganesh Himal. We reach the village of Syabrubesi via Dhunche. We stay overnight at Guest House in Syabrubesi that night. (Meals included: Breakfast, Lunch and Dinner)

Day 4: Trek to Gatlang (2238m), Walk approx. 5 hrs

This is the first day of our trekking. Beginning our trek after breakfast from Syabrubesi, we ascend an hour and half to reach the viewpoint from where we admire breathtaking view of Ganesh Himal, Gosaikunda range and Goljang Valley. We desend down the hill from the viewpoint and reach Goljang valley in an hour. To reach Gatlang village, it takes us another 3 hours from the valley. Gatlang is a small village of Tamang communities located on the hillside. Overnight stay will be at lodge in Gatlang. (Meals included: Breakfast, Lunch and Dinner)

Day 5: Trek to Tatopani (2607m), Walk approx. 5-6 hrs

We descend to Thangbuche and admire spectacular views of the Ganesh Himal and Langtang ranges while traversing on our way. We pass Chilime Hydropower dam and ascend to reach Tatopani which is famous for hot springs. Locals believe that bathe in those hot springs has healing effect. You can relax taking hot bath in hot springs there. Overnight at lodge in Tatopani (Meals included: Breakfast, Lunch and Dinner)

Day 6: Trek to Nagthali – Thuman (2338m), Walk approx. 7-8 hrs

This day is scheduled for us to reach Thuman via Nagthali. Continuing our trek, we pass through alpine forest and reach a small Tamang settlement of Brimdang. Next, we ascend the hill of Nagthali from where we can enjoy spectacular views of Langtang, Ganesh Himal, Kerung and Sanjen. Then, we descend downhill to another Tamang settlement, Thuman. Overnight stay will be at lodge in Thuman. (Meals included: Breakfast, Lunch and Dinner)

Day 7: Trek to Briddim (2229m), 4-6 hours walk

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Continuing our trek, we walk on a flatter section in the beginning and descend to reach Timure. Next, we trek to reach Briddim, a beautiful village on the lap of Langtang peak and mostly inhabited by Tamangs. Briddim is considered a museum to learn about Tibetan culture and tradition and to experience rustic lifestyle of villagers. You also get an opportunity to visit Dukchu Gompa Monastery there which was chosen by Guru Rinpoche for meditation. No doubt, you enjoy your time in Briddim village. Overnight stay will be at lodge in Briddim. (Meals included: Breakfast, Lunch and Dinner)

Day 8: Trek to Lama Hotel (2500m), 6 hours walk

This is the day that we traverse the trail of popular Langtang valley trek. We descend to Gopche Khola, a small stream and pass Rimche to reach Lama Hotel located on the banks of Langtang River. The area around Lama Hotel is spectacular with amazing mountain vistas and surrounding forests. Overnight in Lama Hotel (Meals included: Breakfast, Lunch and Dinner)

Day 9: Trek to Langtang Village (3307m), 5 hours walk

We continue our trek walking along the dense forests and climbing up through the valley. On our way, we admire amazing views of Langtang Lirung. We further pass by water mills, prayer wheels and chortens to reach Langtang village where we stay overnight at Guest House. (Meals included: Breakfast, Lunch and Dinner)

Day 10: Trek to Kyanjin Gompa (3798 m) 4 hours walk

After breakfast, we leave Langtang village to continue our trek. We walk through beautiful pasture lands and cross several wooden bridges before we reach Kyanjin Gompa. On our way, we also pass the largest Mani wall made of prayer stones in Nepal. Kyanjin Gompa is a Buddhist monastery and a spiritual site surrounded by Himalayan vistas. Overnight at Guest House (Meals included: Breakfast, Lunch and Dinner)

Day 11: Kyanjin Gompa Exploration, Climb Kyanjin Ri or Cherku Ri for spectacular Himalayan views

This day is scheduled as much of exploration day. You can explore the areas around Kyanjin Gompa. You can visit the monastery and cheese factory. You can walk up the moraine to witness amazing ice faces and beautiful glaciers of Langtang Lirung. You can climb Kyanjin Ri (4350m) to catch awe-inspiring panoramic view of Langtang peaks or you can climb Cherku Ri (above 5000m) to enjoy mesmerizing views of Langtang Lirung, Yala Peak, Langtang II and other snowcapped peaks. The top of Cherku Ri is the highest point of trek and it takes around 7-8 hrs to climb Cherku ri from Kyanjin Gompa and return back to Gompa. Overnight stay at Guest House in Kyanjin Gompa (Meals included: Breakfast, Lunch and Dinner)

Day 12: Trek back to Lama Hotel

We descend downhill to reach Lama Hotel which only takes us around 4 to 5 hours. The downhill route is through forests and on our way we pass few Tamang settlements. Overnight in Lama Hotel (Meals included: Breakfast, Lunch and Dinner)

Day 13: Trek to Syabrubesi

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This is the last day of trekking and scheduled for us to return back to Syabrubesi which takes us around 5 hours. Overnight in Syabrubesi (Meals included: Breakfast, Lunch and Dinner)

Day 14: Drive back to Kathmandu

After breakfast, we take 7 hours drive to get back to Kathmandu. Upon reaching Kathmandu, you can take proper rest and stroll around Thamel or other nearby streets of Kathmandu. Overnight at hotel in Kathmandu (Meals included: Breakfast, Lunch and Dinner)

Day 15: Airport drop

This is the last day of trip package and scheduled for your safe departure to your home or onward destination. If you have enough time, you can do some shopping in nearby markets or some sightseeing of nearby places. For your departure, our representative will take you to the airport approximately 3 hours before your scheduled flight to return