

Earthbound Expeditions

Tamang Heritage Trail and Langtang Valley Trek

15 days, from US$1,287 per person

Duration	Group size	Country
15 days	**12 People**	**Nepal**

Tamang Heritage Trail and Langtang Valley Trek Overview

‘Tamang Heritage Trail Trek in Langtang Valley’ is one of the most exhilarating and newly discovered treks into the Himalayas that not just offers picturesque Himalayan magnificence but also provides once in a lifetime close-up experience of Himalayan Tamang culture and their lifestyle. More than that, the trek you make on theses Tamang Heritage trail unswervingly adds value to the sustainable economic development of the local communities.

Tamang Heritage And Langtang Valley Trek In Nepal

Wholeheartedly seize once in a lifetime opportunity to experience the unique Tibetan influenced Tamang culture trekking amid green valleys and snow-capped mountains of one of the most popular heritage trail of Langtang Region, Nepal.

‘Tamang Heritage Trail Trek in Langtang Valley’ is one of the most exhilarating and newly discovered treks into the Himalayas that not just offers picturesque Himalayan magnificence but also provides once in a lifetime close-up experience of Himalayan Tamang culture and their lifestyle. More than that, the trek you make on theses Tamang Heritage trail unswervingly adds value to the sustainable economic development of the local communities.

The journey begins from Syabru following the trail leading to popular trekking routes to Langtang and Gosaikunda. The trail passes through numerous traditional Tamang and Tibet villages. During the journey along unbeaten paths, you will explore traditional communities and their unspoiled culture and lifestyle, soak up in the natural hot spring waters at Tatopani, and stay in a local homestay in Gatlang, Tatopani, Thuman, and Briddim to learn more about the Tamang people and their way of life.

In addition to that, you also get to savor the panoramic scenery of Himalayan peaks like Ganesh Himal and Langtang range, picturesque landscapes, and lush forests.

The cultural trek to explore insight of Tamang villages in Langtang valley is exceptionally a unique experience one can ever procure. So, don’t miss such a remarkable opportunity of a lifetime, trekking to Tamang heritage trail.

Earthbound Expeditions provide "Tamang Heritage Trail and Langtang Valley Trek" at the best price which costs you just $ 1,287 USD.

Cost Includes/ Excludes

Includes

- Kathmandu 3 star hotel accommodation
- Full board meals (breakfast, lunch, dinner and 3 times tea) as mentioned above
- One professional guide and 1 porter for the trek with their meal& Insurance
- All National park fee, airport transports.
- Down jacket and sleeping bag for the trek if necessary
- All Overland transport by bus
- Kathmandu sightseeing tour

Itinerary

Day 1

Arrival Katmandu

Arrival Katmandu (1310m / 4298ft) We will come to receive you at the airport and transfer to Hotel. It is 7 km that takes about 15 minutes. O/N at hotel

Day 2

UNESCO world Heritage sights of Kathmandu valley

Visit our office for details information for basic preparation, questions and we take you for sightseeing of the UNESCO world Heritage sights of Kathmandu valley. We go to Patan and we visit the fantastic Durbar Square and we travel their streets full with art and history. In the afternoon we go to Pashupatinath, one of the four Hinduist Temples more important of the subcontinent. To the banks of the river Bagmati can contemplate the incinerations in the Ghats. We visit the immense stupa of Boudhanath, back to hotel and stay.

Day 3

Drive from Kathmandu to Syabrubesi

Drive from Kathmandu to Syabrubesi (1467 m.) via Trishuli (Nuwakot) which takes about eight hours. You stay overnight at hotel in Syabrubesi. You head north out of Kathmandu driving through scenic foothills and ridgeline vistas to Syabru Besi passing through Dhunche. While passing along the road at the bank of Trishuli river you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. At the same time, you notice that the road after Betrawati is still under construction. Stay overnight at tea house. Meals included: Breakfast, lunch and dinner.

Day 4

Trek from Syabrubesi to Gatlang

Trek from Syabrubesi to Gatlang (2238m.) via Goljung and it takes about six hours. While trekking you experience of the Tamang culture. You can see scenery from view point. This day you walk through village. The cultural show at Goljung and Gatlang makes your trekking a memorable one. Gatlang set high on a hillside among terraced fields is a Tamang settlement. One can visit a Tamang monastery and beautiful Parvatikunda Lake at Gatlang. Overnight local home stay. Meals included: Breakfast, lunch and dinner.

Day 5

Trek from Gatlang to Tatopani

Trek from Gatlang to Tatopani (2607m.) which takes about six hours. On the way you enjoy sightseeing of Langtang range and Ganesh Himal. At Tatopani which naturally signifies \'hot water\', you can take hot bath in natural hot springs with bathing areas in the lap of the mountains. It is believed that taking a dip into this spring would heal you from your aches and pains. This day\'s trekking provides you an opportunity to experience of the Tamang culture. Overnight local home stay. Meals included: Breakfast, lunch and dinner.

Day 6

Trek from Tatopani to Thuman

Trek from Tatopani to Thuman (2338m.) via Nagthali (3165m.) and it takes about five hours. You trek via Bimthang. En route you can encounter animals like monkeys and deer. The panoramic view of Langtang, Kerung, Ganesh Himal, Sanjen ranges can be distinctly experienced from Nagthali. Nagthali used to be a popular meditation center for the local monks and priests. Another cultural village Thuman is popular for

its Shamanic performances and beautiful view of Langtang. Beautiful view of the mountains can be seen from every house in Thuman. Overnight local home stay. Meals included: Breakfast, lunch and dinner.

Day 7

Thuman to Briddim

Thuman to Briddim (2229m.) and it takes about six hours. You can experience village life of Briddim. Moreover you can enjoy cultural show performed by community members. You can also experience of home stay and Tamang culture. To mention about Briddim is a Tibetan Buddhist village in the bosom of Langtang Himal. Around 43 houses are spread in Z shape. Most of the houses are made up of stone and have roofs of split shake. As direct descendant of ancient Tibean immigrants, the culture and tradition of Briddim closely resembles that of nearly Tibetan villages. Overnight local home stay. Meals included: Breakfast, lunch and dinner.

Day 8

Trek from Briddim to Lama Hotel

Trek from Briddim to Lama Hotel (2480m hrs) After breakfast descends down along the village and cross the bridge and climb other side. Descend down to landslide and slow climb along the Langtang river.

Day 9

Trek up to Langtang village

Trek up to Langtang village (3200mtr) via Ghoda Tabala, walk with excellent Mountain View.

Day 10

Trek to Kanjying Gompa

Trek to Kanjying Gompa (3792 mtr).It is an excellent walk. It provide close up view of whole Langtang range.

Day 11

A rest day in a beautiful valley

Full day excursions around a great place to be. A rest day in a beautiful valley surrounded by beautiful snowy peaks

Day 12

Trek down to Lama Hotel, stay there.

Trek down to Lama Hotel, stay there.

Day 13

Trek to Syabru Bensi and stay there.

Trek to Syabru Bensi and stay there.

Day 14

Drive to Kathmandu

Drive to Kathmandu, stay there, Evening join Nepalease cultural show and dinner.

Day 15

Drive to airport for departure to home.

Drive to airport for departure to home.

What's included

- Kathmandu 3 star hotel accommodation
- Full board meals (breakfast, lunch, dinner and 3 times tea) as mentioned above
- One professional guide and 1 porter for the trek with their meal& Insurance
- All National park fee, airport transports.
- Down jacket and sleeping bag for the trek if necessary
- All Overland transport by bus
- Kathmandu sightseeing tour

Not included

- International airfare
- Bar bills (coca cola, mineral water etc), food in Kathmandu, while not mentioned.
- Personal Insurance & emergency rescue charges if necessary
- Extra porter & transport charges in the event of landslides
- Other personal expenses, airport tax,
- Personal, medical and evacuation insurance Laundry, cost raised by re-routing, cancellation, political disturbance etc
- Tips any other expenses, which are not mentioned above.

Photos, videos and reviews of this trip:
earthbound.rajansimkhada.com/tamang-heritage-trail-and-langtang-valley-trek