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TAMANG HERITAGE TREK

Overview

The Tamang Heritage Trail in the Langtang region is a remarkable trekking route that travels between the two magnificent peaks, Langtang (3,500 m) and Ganesh Himal (7,429 m). Compared to the well-known Langtang Trek in Nepal, this hiking path that goes via “Tamang” communities in the Langtang region is less well-known. It is a newly introduced trekking route in the Langtang region that was developed by the Tourism for Rural Poverty Alleviation Program (RPAP). It is yet an undiscovered route that showcases the Tamang’s’ distinctive and ancient way of life while also featuring spectacular natural surroundings.

The opportunity to observe and appreciate the Tamang culture and its historical connection to Tibetan civilization up close are offered by this excursion. You can observe the breathtaking Alpine scenery and the rural traditions and culture of the Tamang people as you trek through their villages. The Rhododendron and Bamboo Forests, which offer a wealth of wildlife habitat, stunning waterfalls, Chortens, mani walls, and monasteries, which show the impact of Buddhism in this serene area, are just a few of the trail’s most remarkable attractions. Magnificent views of mountains exceeding 7000 meters, including Langtang Lirung (7,200m), Ganesh Himal (7,600m), Langtang-II (7,227m), **Shishapangma** (8,013m) and more, may be seen during this 8-day trip through the Langtang Valley. The trail also provides breathtaking views of the Himalayan Mountain ranges, including Tserko Ri (5033m), Kyanjin Ri, Gangchempo (6388m), Dorje Lakpa (6990m), and Laure Binayak pass (4,609m). This excursion is for you if you want to go on an adventure while learning about the customs of the Tibetan-born ethnic Tamang’s. Along with admiring the captivating scenery, you will be astounded by the Tamang people’s cultural richness.

Itinerary

Day 1: Flight from Pokhara to Kathmandu then Kathmandu to Syabrubesi (1503m / 4945ft)

You will take an early-morning flight from Pokhara to Kathmandu on the first day of the journey. The grandeur and scenery of the Kathmandu Valley will be your backdrop as you have a warm and nutritious breakfast there. After a short period of rest, you will begin your tour through the Ruby Valley by driving from Kathmandu to Syabrubesi. We'll be driving into Langtang National Park to register our trekking permits. Following the Trisuli Bazaar, Ramche Gaon, and Dhunche is a 7 to 8-hour scenic drive that is unquestionably a wonderful ride. Although the path is somewhat winding and rough, you will be amazed by the stunning surroundings. Our overnight stay is in Syabrubesi.

Flight: 25-mins

Driving Hours: (122 km / 75.8miles) 7- 9 hrs.

Destination: Syabrubesi

Altitude Gain: 1503

Duration: 9

Accommodation: Lodge

Day 2: Trek from Syabrubesi (1,503m / 4,945ft) via Chawatar (lunch) to Gatlang (2,337m / 7,690ft)

We'll be heading to Gatlang, a small Tamang settlement. After ascending a steep, winding path to Bahun Dada Pass, we descend to Gatlang. Will be stopping at Chawatar to have a delicious meal. Since the majority of the vegetables are locally grown and freshly harvested, the food is wonderfully excellent here. We can observe the richness of their culture and traditions as we travel around this magnificent Tamang community.

We will stay overnight in Gatlang.

Highest Altitude: 2337m / 7690 ft

Trek Duration: 5- 6 hours

Destination: Gatlang

Altitude Gain: 2337

Duration: 6

Accommodation: Lodge

Day 3: Trek from Gatlang (2,240m / 7,355ft) to Tatopani (2,610m / 8,565ft)

The first two and a half hours of your hike will be straightforward as you cross several Chortens, mani walls, and dense forests on your way to Chilime. After about an hour and a half, you will cross a suspension bridge and ascend past the terraced fields to reach Gonggang Village and have nutritious lunch. From Gonggang, it will take around two hours to trek to reach our today's destination Tatopani. You will pass by a hot spring en route. A natural soak in the hot springs is available if you so choose. People think taking a bath in one of these natural hot springs will cure all their aches and pains.

Trek Distance: 12.2km / 7.6miles

Highest Altitude: 2,610m / 8,565ft

Trek Duration: 6hrs

Destination: Tatopani

Altitude Gain: 2610

Duration: 6

Accommodation: Lodge

Day 4: Trek from Tatopani (2,610m / 8,565ft) to Thuman (2,340m / 7,665ft) via Nagthali (3,170m / 10,395ft)

After eating breakfast in the early morning, you'll carry on your adventure through the woods and thick jungle, gradually increasing altitude as you go uphill and downhill on different sections of the trail. You will arrive in Brimdang after a two-hour hike. Following that, it takes another two hours to reach Nagthali Danda. Lunch will be served while you appreciate the panorama of the Tibetan Himal, Ganesh Himal, Shishapangma, Langtang Lirung, and other snow-covered peaks from Nagthali, which is 7,227 meters above sea level. We can also visit a few monasteries. After that, you will descend to Thuman, a Tamang village built in the Tibetan style. Overnight stay at Thuman.

Trek Distance: 9.2km / 5.7miles

Highest Altitude: 3,170m / 10,395ft

Trek Duration: 6 hrs.

Destination: Thuman

Altitude Gain: 3170

Duration: 6

Accommodation: Lodge

Day 5: Trek from Thuman (2,340m / 7,665ft) to Briddim (2,230m / 7,320ft)

After a hearty breakfast, we departed for Briddim, which is located just across from the Bhote Koshi River. The trek begins with a flatter portion before descending to Timure along the old trade route to Tibet, where we make a lunch break. A 3-hour hike from Timure takes you to Rasuwaghadhi, a historic fort on the Nepal-Tibet border. Following lunch, the route climbs steeply to Briddim, another Tamang village with Tibetan influences, where we spend the night in a local family's home for a very unique experience.

Trek Distance: 14 km / 8.6miles

Highest Altitude: 2,340m / 7,665ft

Trek Duration: 5 – 6 hrs.

Destination: Briddim

Altitude Gain: 2340

Duration: 6

Accommodation: Lodge

Day 6: Trek from Briddim (2,230m / 7,320ft) to Lama Hotel (2,470m / 8,103ft)

Today we will have to hike for roughly six hours to go from Briddim to Lama Hotel. After climbing a hill and crossing the Bhote Koshi River, the trip continues along the Langtang River through a lush jungle and terraced fields, where a perfect vista of waterfalls is revealed. We move past the landslide region up ahead, climb to Bamboo, and then steadily ascend to Rimche, which is situated along the Langtang River bank. The trials today treat you with the spectacular vista and rich culture plus the lifestyle of the mountain people. To get there, you have to pass across several streams and cross while admiring the falling waterfalls. You might also see stunning rhododendron and oak forests, as well as wildlife like red pandas, Himalayan black bears, wild boars, langurs, and throated martins. We will end the hike for the day once we get to the Lama Hotel.

Highest Altitude: 2,470m / 8,103ft

Trek Duration: 6 hrs.

Altitude Gain: 2470

Duration: 6

Accommodation: Hotel

Day 7: Trek from Lama Hotel (2,470m / 8,103ft) to Langtang village (3,430m / 11,255ft)

We will hike through breathtakingly gorgeous paths on the journey from the Lama Hotel to Langtang. The walk today is simpler than the previous day because of the short ascent on the route. After breakfast, we continue our trek through the lush jungle as we follow the Langtang River. Exotic scenery may be seen from Langtang Lirung. At 3000 meters, we will come across the lovely GhodaTabela meadow. We will halt at the GhodaTabela army checkpoint to register our paperwork. Heading on, we pass through prayer flags and prayer wheels driven by flowing water before arriving at the picturesque Tamang village of Langtang. Along the way, we pass through several kinds of wood and witness astonishing waterfalls on the Kangjella and Langtang ranges. Stay at Langtang Village.

Trek Distance: 14.8km / 9.1miles

Highest Altitude: 3,430m / 11,255ft

Trek Duration: 6 hrs.

Destination: Langtang village

Altitude Gain: 3430

Duration: 6

Accommodation: Hotel

Day 8: Trek from Langtang village (3,430m / 11,255ft) to Kyanjin Gompa (3,865m / 12,675ft)

From Langtang to Kyanjin Gompa, it will take us around 3900 meters of trekking. The largest mani wall in Nepal, which is composed of stone with prayers engraved on it, will be observed when we are trekking. The enormous Langtang valley offers a spectacular view of the gigantic Himalayas. We travel through a glacier moraine and various tributaries. Finally, we reach Kyanjin Gompa, a place called after the nearby, historic monastery of Kyanjin Gompa, which was formerly the greatest settlement of Kyanjin. Kyanjin Gompa is bordered by the Himalayas and offers breathtaking views of glaciers, icefalls, birds, and yaks, including Kyanjin Ri (4750 m), Tsergo Ri (5000 m), Ganja La (5160 m), Langshisha-Ri (6427 m), Dorje Lhakpa (6430 m), Naya Kang (5844 m), and Yala Peak (5500 m), among others.

Trek Distance: 6.8km / 4.2miles

Highest Altitude: 3,865m / 12,675ft

Trek Duration: 3 hrs.

Destination: Kyanjin Gompa

Altitude Gain: 3865

Duration: 3

Accommodation: Lodge

Day 9: Exploration Day at Kyanjin Gompa

On this day, we will stay at Kyanjin Gompa to adapt to the high mountain elevation. Beautiful up-close views of the tall mountains and glaciers can be encountered in the upper Langtang Valley. For stunning mountain vistas of the Himalayan peaks, including Langtang Lirung (7,227m), Langtang II (6,59m), Ganesh Himal (7406m), Naya khanga (5846m), and Yala peak (5,500m), we can hike up to Kyanjin Ri or Tseku Ri. We'll also be visiting several sites, such as the Kyanjin Gompa Monastery and the Yak Cheese Factory. Throughout the day you will be able to capture the tranquil natural beauty that enfolds the Langtang region throughout the day, encasing its spiritual significance.

Destination: Kyanjin Gompa

Duration: 1

Accommodation: Lodge

Day 10: Trek from Kyanjin Gompa (3,865m / 12,675ft) to Lama Hotel (2,470m / 8,103ft)

We bid farewell to the upper highlands from Kyanjin Gompa and begin descending on a trail that will take us out of the valley. We proceed along the same route that led us to Kyanjin Gompa. We will pass ethnic Tamang settlements along the way, whose cultural and religious beliefs are identical to those of the Tibetans, before stopping for lunch at Ghora Tabela where we register the departure at the army checkpoint. We descend to Lama Hotel after a leisurely lunch via the river valley's dense woodlands.

Trek Distance: 21 km / 13 miles

Highest Altitude: 2,470m / 8,103ft

Trek Duration: 6 hrs.

Destination: Lama Hotel

Altitude Gain: 2470

Duration: 6

Accommodation: Hotel

Day 11: Trek from Lama Hotel (2,470m / 8,103ft) to Syabrubesi (1,420m / 4,655ft)

We will return to Syabrubesi, where we began our adventure, on the last day of our trek. We will be strolling alongside the Langtang River as we descend into the gorgeous river valley, enjoying the never-ending breathtaking views and magnificent rhododendron forests. It will take us 4 to 5 hours to complete our trek. With the team, we will toast lifelong memories of the spectacular Langtang Valley Trail as we spend the night at the lodge.

Trek Distance: 11.3km / 7 miles

Highest Altitude: 2,470m / 8,103ft

Trek Duration: 5 hrs.

Destination: Syabrubesi

Altitude Gain: 2470

Duration: 5

Accommodation: Lodge

Day 12: Drive from Syabrubesi (1,420m / 4,655ft) to Kathmandu (1400m / 4,393ft) and flight from Kathmandu to Pokhara.

After breakfast in the early morning, we will drive for seven to nine hours from Syabrubesi to Kathmandu. You will see stunning landscapes of the Trishuli river valley, terraced fields, meadows, and vistas of the snow-capped mountains during your ride.

We will drop you off at your accommodation once we get to Kathmandu.

Driving Hours: (122 km / 75.8miles) 7-9 hrs.

Flight: 25 mins

Destination: Kathmandu

Altitude Gain: 1400

Duration: 9

Accommodation: Lodge

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)

- Accommodations in a Tea House/Lodge during the Trekking.
- Pokhara-Kathmandu – Syabrubesi – travel costs (includes tax and government fees)
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Shared by two clients) with Insurance, food, and accommodations.
- Group gears and supplies.
- Langtang National Park entry permit fee.
- Experienced and licensed trekking Guide fee
- Snacks (cookies) and seasonal fresh fruits every day
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses
- The company's duffel bag will also be provided. (If needed)
- All essential official fees

Excludes

- International flight cost
- Your travel insurance
- Excess baggage charge (weight limit 9 kg per person)
- On-arrival visa fees at Tribhuvan International Airport (30 days- USD 50)
- All accommodations and meals in Kathmandu, before and after the trek
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek
- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory)
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.