Gatlang Tamang village Trek

Duration: 9 Days | Location: Langtang Region, Nepal



Trip at a glance

Category: Langtang Region

Location: Langtang Region, Nepal

Duration: 9 Days

Difficulty: 8/10

Trip Style: Tamang Heritage Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3300 m

Group: Min-1, Max 20

Summary

Gatlang Tamang village Trek is one of the beautiful village that lies in the northern/Views of Ganesh Himal/the Langtang Himalayas and the Gosainkund range/

Overview

Trip Introduction

Gatlang Tamang village trek and Tamang heritage Trek is Northern part of the Rasuwa District Nepal. Sacred Tibetan culture permeates every inch of this 9-day Expedition, seemingly touching everything in its path. This trekking trail starts from Syabrubesi and passes through Gatlang, Tatopani, Thuman, and also Briddim. Tamang and Tibetan people populates this region. This trekking trail starts from Syabrubesi and passes through Gatlang, Tatopani, Thuman, and Briddim, which is community-based trekking packaged between the Ganesh Himal (Ruby Valley Trek) and Langtang Rangeis one of the beautiful village that lies in the northern part of Kathmandu valley on the lap of Mount Annapurna south.This village takes one day or two day to reach there. Views of Ganesh Himal, the Langtang Himalayas, and Gosainkund range.

The Tamang people originally came from Tibet as horse traders and settled in hilly parts of Nepal (usually within close proximity of the Kathmandu Valley). They have retained a distinct identity with Tibetan roots, as well as their own language. They have historically been one of the most marginalized ethnic groups in Nepal. Trekking the Tamang Heritage Trail helps bring a source of income to the Tamang people in this area. you can experience some of the most beautiful scenery in the country—terraced green farmland, thick forests, and the peaks of the Langtang Himalayas, close to the Tibetan border. An added bonus to the natural features is the chance to trek through Tamang villages.

This lies in Langtang region and this village is also one night stopover if you do Tamang heritage trekking.There are many natural beauties in this village like Parbati kunda (Parbati lake) where the bone religious performs in every year during the month of june july. You can also do this trek if you are interested Ruby Valley trek.

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu

Settle in after your flight and get a feel for this amazing city full of temples, people and buzz.

Day 2: Drive Kathmandu to Syabrubesi

Leave Kathmandu early for the seven-hour drive to the entrance of the Langtang Valley. While the Tamang Heritage Trail is not so far from Kathmandu, the road is hilly and winding (though spectacular), climbing high and providing us with superb panoramic views of the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region. The road then plunges down to the Trisuli River valley, which it follows for most of the day's drive.

Day 3: Syabrbesi to Briddim (approx. 5 hours)

Today's walk begins along a flatter section of trail, then descends to Bidim. It follows part of the old trade route to Tibet, and in fact, Tibet is not far away—just three hours' walk. However, it's not possible to walk across the border these days, and there's a heavy police presence along the roads in this area. After lunch, the trail continues to Briddim, another Tamang village, where you'll stay in a local home for a truly unique experience. All accommodation, lodgings, and food are offered at local houses on a rotational basis, so you can be sure that your stay is benefitting the whole community and not just one or two enterprising families (as is sometimes the case with hotels and lodges).

Day 4: Briddim trek to Thuman (approx. 5.5 hours)

Syabrubesi is the common starting point for the Langtang Valley trek as well as the Gosainkund trek, but instead of heading in these directions, ascend a view point for an hour and a half for a fantastic view of Ganesh Himal, the Gosainkund range, and Climb to the Thuman Valley (about an hour's walk) and stop there for lunch. In the afternoon, trek for about three hours to reach Gatlang, a beautiful Tamang village.

Day 5: Thuman to Nagthali Danda/Tatopani. (approx. 5/6hours)

Today, the trail ascends to Nagthali Danda (3,300 m./ 10,826 ft.), a high, open grassland with amazing views of the Himalayas. Stop at the delightful Brimdang village for lunch en route, then continue up to Nagthali Danda. On arrival, stop for a masala chiya (tea), prepared by the gompa's caretaker. Then, continue down to Thuman, a Tamang village with friendly people who love to sing and dance. You might even be invited to join in!

Day 6: Nagthali Danda/Tatopani to Gatlang (approx. 7 hours)

Today's walk begins by descending to Thangbuchet, by a lovely river. After lunch, the trail heads up again, across a hanging bridge and climbing to Tatopani, your stop for the night. The town's name literally means 'hot water' in Nepali, and there are towns of this name all over Nepal. Unsurprisingly, here you can enjoy the natural hot springs, with water that comes straight out of the ground. Locals believe that the waters have a healing quality, and it will certainly ease away any aches and pains from the trek.

Day 7: Gatlang trek to Syabrubesi (approx. 5/6hours)

Today is an easy three-hour walk back down to Syabrubesi. Have lunch there, and then spend the afternoon relaxing or exploring. Syabrubesi is a small town, and there are some shops selling local handicrafts made by women, such as colorful aprons and shawls in the local style.

Day 8: Return to Kathmandu

Drive back to Kathmandu while enjoying the mountain scenery en route.

Day 9: Final departure transfer to International Airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holde.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).
- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and

ACAP Fee.

- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Camping Trek daily wages, Guide, Sherpa helpers, Cook, Kitchen Boys, Porters, with food allowance while trekking.
- Accommodation in 2 men Tents during Trek supported with a dining tent, Kitchen tent, Toilet tent, Shower tent, Table, chairs and Mattress.
- Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 9 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Tamang Heritage Trek.

Highest Altitude of the trek: 3300 m.

Highest Point: Tamang Heritage Trek (3300 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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