Tamang Heritage and Langtang Trekking

Duration: 13 days 12 Night | Location: Nepal



Trip at a glance

Category: Langtang Region

Location: Nepal

Duration: 13 days 12 Night

Difficulty: Not specified

Trip Style: Trekking & Hiking

Summary

Tamang Heritage and Langtang Trekking/Ganesh Himal Ruby Valley Trek and Langtang Range/There are still bears, leopards Gosaikunk lake trek nepal trip cost

Overview

Trip Introduction

Tamang heritage trek is Northern park of the Rasuwa District Nepal. Tamang heritage trek is newly opened route in popular Langtang trekking region. This trekking trail starts from Syabrubesi and also passes through Gatlang, Tatopani,Thuman and Briddim. which is community-based trekking packaged between the Ganesh Himal Ruby Valley Trek and Langtang Range. This region is culturally rich trail populated by Tamang and Tibetan people. We can see multicultural while on the trek like Tibetan culture, festival, rituals, traditional architecture and customs, the local dance of Syabru people which makes the exposure to this culture very unique. Ruby Valley Trek

Tamang Heritage Trek is an interesting trek through Tamang villages.Their culture is virtually untouched. There are still bears, leopards, red pandas and musk deer that however are no danger. In March and April, the Rhododendron forests have many different species of trees, birds, and butterflies. langtang valley trek

There is a viewpoint at Goljung pass from where we can view of Langtang and Kerung (Tibet) can be awe-inspiring and the hot spring (Tatopani). It is believed that in the past if we bath from there the body can be cured of an illness. There are also many other trekking routes in this region like Gosainkunda lake trek, Helambu trek etc.

Day by day itinerary

Trip Itinerary

Day 01: Arrival at the Tribhuvan International Airport & Transfer to Hotel.

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

Day 02: Kathmandu to Syabrubeshi (1500m)

Syabrubesi(1500m) We catch the local bus Kathmandu to Syabrubesi which is the trek starting place along the Tamang heritage trek and ends the trek same place in Syabrubesi (about 9 hours driving). We can arrange the private Jeep or local bus as well up on your services requested paying extra and will be much easier and comfortable where ever you want to stop. Along the driving, we can enjoy with the views of Himalayas, Overnight stay in Syabrubesi village.

Day 03: Syabrubesi to Gatlang (2339 m)

From Syabrubesi village, our Tamang heritage trekking & walking destination towards Himalayas starts with the spectacular mountains views of Langtang Lirung/Ganesh Himal and Shisapangma and reached at Gatlang village which is one of the village of Tamang people and stay a night in Gatlang village

Day 04: Gatlang to Gonggang.(2420 m)

Staying a night in Gatlang village, our next destination is early morning going Parbati Kunda and chess factory. We walk through the Chilime Hydropower daam with the views of Langtang Himalaya ranges, We stay a night in tea house at Gonggang village

Day 05: Gonggang to Nagthali (3165 m)

Today, our next destination is Tatopani which is means in Nepal HOT WATER after we walking so lovely jungle. We can see the magnificent views of Langtang from Nagthali hill and after this continue walking towards village of Nagthali, overnight stay in Nagthali village

Day 06: Nagthali to Briddhim (2220 m)

Today, we can see the magnificent views of Langtang from Nagthali hill and after this continue walking towards village of Thuman. Which is a Tibetan village and also can visit monastery in this village and stay a night in Briddhim?

Day 07: Briddhim to Rimche. (2399 m)

Today we walk along the Langtang river, continue hiking across waterfalls and finally stop in Rimche.

Day 08: Rimche to Langtang.(3430 m)

A three hours hike from lovely jungle to Rimche takes us to Ghortabela and another 1:40 minute of climbing brings us to a point where the Langtang Valley begins.On the path we see some yak and begins Langtang we meet yak Man have simple poor House.

Day 09: Langtang to Kyanjin.(3830 m)

From Langtang, it takes us about four hours of gentle ascension to reach Kyanjin Gompa passing through the largest mani wall in Nepal which is written on it and made from stone. We walk around the Kyanjin Gompa, see beautiful mountain view with Yak Mountains, overnight stay in TEA HOUSE STAY

Day 10: Kyanjin to Kyanjin RI and back hotel.(4300 m)

up and down and can be seen the majestic views of Langtang ranges and visit Kyanjin Ri 4300 m and we see all Langtang Mountains, Overnight stay in same place Kyangin Gompa TEA HOUSE STAY

Day 11: Kyanjin to Lama Hotel.(2199 m)

After breakfast in Kyangin Gompa retrace our steps to Lama Hotel downhill walking though the forest and river along the side.

Day 12: Lama Hotel to Thulo Sabhru.(1500 m)

Today we head back to Syabru Besi while following the same trail along side the Langtang river. Today is the last day of our Mega Mount Trekking with Nepali guide.

Day 13: Syabrubesi to Kathmandu

A long bus ride brings us back to Kathmandu from Syabru Besi (about 9 hours driving) and have a good rest after long days walking in mountain. NAMASTE!

Package: Standard Package

Contact for pricing

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

Inclusions

- Pickups and drops from the airport(s) and hotel(s).
- All accommodations on twin sharing basis.
- Breakfast in Kathmandu all meals Breakfast, Lunch, Dinner during the trek.
- Transportation in a comfortable private vehicle.
- English-speaking trained and experienced guide.
- Potter service charges during the trek.
- All fees for sightseeing including entry fees for visiting the temple(s), monument(s), trekking and national parks.

- Welcome and farewell dinners.
- A comprehensive medical kit.
- All necessary paperwork(s) and permit(s).
- All applicable taxes and service charges.

Exclusions

- Nepalese visa fee (bring accurate USD cash and two passport size photographs).
- International airfare to and from Kathmandu.
- Excess baggage charges.
- Lunch and evening meals in Kathmandu.
- Extra night accommodation(s).
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips for guides and porters.
- The services which are not included in our 'What is Included' section.

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

Tamang heritage trek is newly opened route in popular Langtang trekking 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 Range.This region is culturally rich trail populated by Tamang and Tibetan people. We can see multicultural while on the trek like Tibetan culture, festival, rituals, traditional architecture and customs, the local dance of Syabru people which makes the exposure to this culture very unique.

Tamang Heritage Trek is an interesting trek through Tamang villages.Their culture is virtually untouched. There are still bears, leopards, red pandas and musk deer that however are no danger. In March and April, the Rhododendron forests have many different species of trees, birds, and butterflies.

Departure

Departure

According to guest booking .

Review

Trip gallery



Tamang Heritage and Langtang Trekking - photo 1



Tamang Heritage and Langtang Trekking - photo 2

View photo on the trip page

Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234

megamounttreks@gmail.com | megamounttreks.com

View this trip or request a booking