

Overview

To explore the untouched and newly discovered trekking trail in Tamang Heritage and Langtang Valley Trek in the area of friendly, hospitable Tamang people and to enjoy classic Langtang Valley combined with Tamang Culture trek in the Langtang Region offers an off the beaten track experience, things to see an ancient lifestyle combining it with scenic view and healing baths in natural hot springs (Tatopani). This exceptional area is thrilling, culturally rich and traditionally fascinating close to Tibetan border, the local Tamang people are some of the warmest, sincere and most welcoming people in Nepal. Within easy entrance from Kathmandu ascend the road north towards the Tibetan borderlands and enjoy a relatively gentle circuit trek through charming villages, terraced fields, and peaceful valleys where only the most discerning trekkers go. En route, we enjoy panoramic mountain views of the nearby peaks and soak in the natural hot springs at Tatopani. Continuing north towards Tibet we soak up the heritage and appreciate a local fort, monastery and exquisite local architecture of the Tamang homes. As we near the end of the trek we enjoy a home stay experience in Briddim and have a full day to relax and discover more about the local traditions of this wonderful region.

We can enjoy high and isolated Langtang Valley, inhabited by welcoming and culturally rich Tamang people, their religious practices, language and dress are very similar to those of Tibet than to traditions of their cousins in the middle hills. The area is famous for its pleasant local, unique tradition, Buddhist monasteries and monuments along the way and spectacular mountain view. Charming Langtang valley trail follows the river upstream through forest of pine, bamboo and rhododendron, uphill through pastures to arrive at the alpine meadows of Kyanjin Gumpa where you will get exceptional mountain view just a stone's throw from the Tibetan Boarder. Once above Langtang village and the monastery at Kyanjin, Langtang are inhabited by people of Tibetan descent whereas the villagers of Dhunche, Bharkhu and Syabru further down are home to the Tamangs of Nepal's middle hills. Trekkers can explore the high valley of Langshisa, Kyamjin Ri and Chhirku Ri.

The forest around Ghode Tabela in the below Langtang Valley and lower the Gosainkund Lakes are inhabited by the very shy red panda, a rare and endangered symbol of a healthy Himalayan ecosystem. Other animals, common to these forests are yellow throated martens, wild boar, Himalayan black bear, Ghoral (Mountain Goat), grey langur monkey and leopard. The region is also home of Himalayan honey guide, mountain pheasant, musk deer and snow leopard. The upper Langtang Valley is one of the few known breeding grounds of the ibis bills besides the Tibetan snow cock and snow partridge. Like other Himalayan nature parks, Langtang has to be explored on foot. There are several possible trails to choose from depending on your favorite and time available. We, Wilderness Excursion Pvt. Ltd offer you tailor-made itinerary and Local Tamang Guide from the area having full knowledge of region, culture, tradition and life style.

Outline Itinerary

Day 01 : Kathmandu to Syabrubesi Syabrubesi (1470m) approx. 6 hours drive.

Day 02 : Syabrubesi to Gatlang (2238m). Walk approx. 5 hours.

Day 03 : Gatlang to Tatopani (2607m). Walk approx. 5-6 hours.

Day 04 : Tatopani – Nagthali – Thuman (2338m). Walk approx. 7-8 hours

Day 05 : Thuman to Sherpa Gaun (2563m) via Bridim 6-7 hours walk.

Day 06 : Sherpa Gaon to Langtang (3430m). Approximately 6-7 hours

Day 07 : Langtang - Kyanjin Gompa (3870m) about 3 - 4 hours

Day 08 : Extra day at Kyanjin Gumpa, excursion to Tsergo Ri (4985m) for stunning view.

Day 09 : Kyanjin Gompa to Lama Hotel (2324m) 5-6 hours.

Day 10 : Lamahotel to Syabrubesi (1400m). 6 hours walk.

Day 11 : Drive to Kathmandu

Cost Includes

- One experienced government registered English speaking local guide.
- An assistant guide if the group size exceeds more than 6 people.
- Porters to carry your main luggage (weight limit 25kg per porter)
- Meals: all trekking breakfasts with tea / coffee and fresh fruits during the trek.
- All local ground transportations to and from trekking.
- Guide and porters fees with all their expenses in the trekking.
- Lodge accommodation during the trek on twin/double sharing basis.
- All required trekking permits for Tamang Heritage and Langtang.
- All local government taxes and company documentation charges.

Cost Excludes

- Transfers, accommodation and meals in Kathmandu, we can arrange if you ask.
- Guided tours and sightseeing in Kathmandu. It can be arranged on request.
- Hard drinks, beverages such as coke, fanta, mineral water
- Nepal visa fee, international air ticket and travel insurance.
- Hot shower and hot water, laundry, internet, toiletries and phone calls.
- Rescue operation charge in case of emergency (we arrange on request).
- Gratitude and tips for your guide, porter and driver.