

## Overview

### Trip 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-beaten-track experience, things to see an ancient lifestyle combining it with scenic views and healing baths in natural hot springs (Tatopani). This exceptional area is thrilling, culturally rich, and traditionally fascinating. Close to the 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 homestay experience in Briddim and have a full day to relax and discover more about the local traditions of this wonderful region.

We can enjoy the 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 the traditions of their cousins in the middle hills. The area is famous for its pleasant locals, unique traditions, Buddhist monasteries and monuments along the way, and spectacular mountain views. The charming Langtang Valley trail follows the river upstream through forests of pine, bamboo, and rhododendron and uphill through pastures to arrive at the alpine meadows of Kyanjin Gompa, where you will get an exceptional mountain view just a stone's throw from the Tibetan border. Once above Langtang village and the monastery at Kyangjin, Langtang is 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 valleys of Langshisa, Kyamjin Ri and Chhirku Ri.

The forest around Ghode Tabela in the below Langtang Valley and lower Gosainkund Lakes is 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-toothed martens, wild boars, Himalayan black bears, ghoral (mountain goats), grey langur monkeys, and leopards. The region is also home to the Himalayan honeybee, 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 snowcock and snowpartridge. 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 a tailor-made itinerary and a local Tamang guide from the area with full knowledge of the region, culture, tradition, and lifestyle.

## 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.

## Tamang Heritage and Langtang Valley Trek

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- Rescue operation charge in case of emergency (we arrange on request).
- Gratitude and tips for your guide, porter and driver.