

# Langtang Tamang Heritage Trek



The Langtang valley is aptly called 'The Valley Of Glaciers. Here, mountains rise soaring towards the sky. The valley offers pine forest, swift mountain streams, rugged rock and snow-capped peaks, grassy downs and meadows strewn with daisies and wild primulas.

On this trip we will pass through many villages where we will have ample time to take photographs and chat with the local people. Language is not a big problem as many of the local people speak English. If not, our Guide will be happy to translate for us. There are many different ethnic groups along the trail, but the predominant people in this area are the Gurung. Together with the Magar and Chettrie people, the Gurung are famous as soldiers in the British Army, better known as Gurkhas. You will experience diverse terrain from glacial valleys to sub-tropical valleys with banana trees and rice paddies to high ridges clad in thick rhododendron forest.

## PROPOSED ITINERARY

### 25 November – Day 01: Arrival in Kathmandu (1,400m)

**Highlights:** Arrival at Tribhuvan International Airport, transfer to hotel.

**Accommodation:** Hotel in Kathmandu

**Transportation:** Airport transfer



### 26 November – Day 02: Shopping and Free Day

**Highlights:** Explore cultural sites like Swayambhunath, and Boudhanath, or shop for trekking gear with your experienced guide

**Accommodation:** Hotel in Kathmandu

**27 November – Day 03: Drive from Kathmandu to Gatlang (2,238m) – 140km, 8-9 hours**

**Highlights:** Scenic drive with views of rural Nepal, arrive in Gatlang (Tamang village)

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Local lodge in Gatlang

**Transportation:** Private vehicle

**28 November – Day 04: Trek from Gatlang to Tatopani (2,607m) – 12km, 6-7 hours**

**Highlights:** Gradual ascent through rhododendron forests, pass through small villages, reach Tatopani (hot springs)

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Tatopani

**29 November – Day 05: Trek from Tatopani to Nagthali (3,165m) – 10km, 5-6 hours**

**Highlights:** Trek uphill through forests and meadows, panoramic views of Langtang, Ganesh Himal, and Tibetan ranges

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse in Nagthali

**30 November – Day 06: Trek from Nagthali to Thuman (2,338m) – 7km, 4-5 hours**

**Highlights:** Descend through rhododendron forests to the Tamang village of Thuman, explore Buddhist monasteries

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Thuman

**1 December – Day 07: Trek from Thuman to Briddim (2,230m) – 10km, 6-7 hours**

**Highlights:** Mix of gentle and steep trails, reach Briddim (Tibetan-influenced village), homestay experience

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Homestay in Briddim

**2 December – Day 08: Trek from Briddim to Sherpa Gaun (2,563m) – 9km, 5-6 hours**

**Highlights:** Trek through dense forests and suspension bridges, magnificent views of Langtang Himal

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Sherpa Gaun

**3 December – Day 09: Trek from Sherpa Gaun to Ghodatabela (3,030m) – 14km, 6-7 hours**

**Highlights:** Enter Langtang National Park, follow Langtang River, ascend through forests and waterfalls

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Ghodatabela

**4 December – Day 10: Trek from Ghodatabela to Langtang Valley (3,430m) – 8km, 4-5 hours**

**Highlights:** Trek through yak pastures and prayer flags, explore Langtang Village, learn about local life

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Langtang Valley

**5 December – Day 11: Trek from Langtang Valley to Kyanjin Gumpa (3,870m) – 6km, 3-4 hours**

**Highlights:** Short trek to Kyanjin Gumpa, visit monastery and cheese factory, stunning views of Langtang Lirung

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Kyanjin Gumpa

**6 December – Day 12: Hike to Kyanjin Ri (4,773m), back to Lama Hotel – 14km, 7-8 hours**

**Highlights:** Early morning hike to Kyanjin Ri for sunrise views, descend back to Lama Hotel

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Lama Hotel

**7 December – Day 13: Trek from Lama Hotel to Syabrubesi (1,460m) – 14km, 6-7 hours**

**Highlights:** Descend through lush forests and villages, reach Syabrubesi, celebrate trek completion

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Lodge in Syabrubesi

**8 December – Day 14: Drive Syabrubesi to Kathmandu Overnight Hotel (B)** **Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Kathmandu

**Transportation:** Bus to Kathmandu

**9 December – Day 15: Departure**

**Highlights:** Transfer to the airport for departure

**Meals:** Breakfast

**Transportation:** Airport transfer

**INCLUSIONS:**

- Kathmandu to Gatlang by Jeep

\*Syabrubesi to Kathmandu by jeep

- All ground transportation including Airport Pick up and Drop off

- 3 nights' accommodation with breakfast in Kathmandu

\*11 nights Lodge accommodation with breakfast \*

lunch dinner

\*Trek Permits

\*Guide and Porter assisted, their meals insurance accommodation.

- Trekkers Information Management System (TIMS) card fee
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses

**COST: \$3990 PER PERSON TWIN SHARE**

#### **What's Excluded**

- International flight airfare
- Nepal Entry Visa Fees for multiple entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- Lunch and Dinner in Kathmandu
- Extra night accommodation, meals in Kathmandu due to early return from the trek.
- Travel insurance has to cover emergency high-altitude rescue and evacuation along with
- Tips for guide and porters
- Additional costs due to delays caused by unforeseen circumstances outside company control like landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc



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