

# Tamang Heritage Trek in Langtang, Nepal



## Highlights

The Langtang region of Nepal is the perfect place to live out your childhood dreams of wild exploration! It has soaring peaks, lush forests, hanging bridges and sporadic yeti sightings. This nine-day Tamang heritage trek is a great introduction to the place and its people.

Set high in the midst of the Himalayas and long-shielded from the tides of urbanisation, Nepal is a country of extraordinary geographic and cultural diversity. The world's youngest republic is home to eight of the planet's ten highest mountains, including the mighty Mt. Everest. It also boasts sub-tropical forests, marshy grasslands and fertile valleys. It was in one such folded foothill that Guatama Buddha, founder of the Buddhist tradition, was born some two and a half millennia ago. While Buddhism would go on to become the religion of choice in much of east Asia, Nepal has long been a majority Hindu nation. This tradition, in turn, has bestowed upon the country some of the world's most elegant and enigmatic architecture and a unique artistic heritage.

This nine-day Tamang Heritage tour takes you to the remote Langtang region on the Tibetan border! Home to monkeys, bears and countless yeti sightings, not to mention several epic (6,500m+) mountains, Langtang offers some truly fantastic trekking. Lush alpine meadows, forested valleys and high mountain ridges are just some of the varied terrains you'll encounter as the trail progresses, and there are surprises too. At one point the route crosses a ravine via a hair-raising hanging bridge. Complete the crossing and you'll be rewarded with the chance to soothe your weary muscles in the natural hot springs of Tatopani. During the trek you'll gain a firsthand insight into the lives of the region's indigenous inhabitants; one highlight is a night at a Langtang homestay, complete with dinner and a demonstration of traditional dance and crafts.

## Is it for me?

This trip is a trekker's dream, a feast of the new, unusual and spectacular! There's nothing cosy and conventional here, just an endless stream of jaw-dropping spectacle! The going's not always easy though; as with any trek you can expect a number of early starts, and you'll also be spending short periods at altitude, so a decent level of physical and mental toughness is a must. This tour is best suited to those with a passion for exploration and a genuine interest in other cultures. You'll get most from the trip if you're not afraid to try new things and even look silly in the process. And given the amount of socialising you'll be doing (with others travellers, villagers and so on), it'll help if you're pretty personable and outgoing.

## Accommodation

For this nine-day trip you'll be staying at a combination of hotels, lodges and tea houses. These range from the semi-luxurious, three-star hotel with all mod cons, to the neat and simple tea houses dotted along the trekking route. All are clean and comfortable and often in spectacular settings. You'll also get the chance to experience the famous Tamang hospitality with a night at a village homestay. This might include a traditional dinner of syakpa (Sherpa stew), Tibetan bread, potatoes, tea and local Briddim wine. Out on trek you can expect pretty simple fare, with vegetable, rice and noodle dishes as standard. Rest assured, you'll have time to sample a wide variety of Nepalese dishes at the beginning and end of the trip.

## Itinerary

Prices from

**355** GBP (9 days) per person

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#### Day 1: Kathmandu

Arrival Kathmandu - Transfer to Hotel. Evening: Trip briefing. Overnight at Kathmandu hotel

#### Day 2: Kathmandu Valley

After breakfast, a day of heritage sightseeing of Kathmandu valley. Evening: Trek preparation. Overnight at Kathmandu hotel

#### Day 3: Syabrubesi

Early morning drive Kathmandu to Syabru besi (1982m) by bus. The road continues to the beautiful villages at the foot of the mountains where your journey begins from Syabrubesi. Overnight at Syabrubesi.

#### Day 4: Gattlang

After an hour and half's climb from Syabrubesi, you reach the view point from where you can see the fantastic views of the Ganesh Himal, Gosaikunda range and the Goljang valley. Now you head down to Goljang valley for the Lunch which is an hour walking down hill from the the view point. Gattlang, the beautiful Tamang village, is another 3 hrs walk from Goljang. Upon arrival, the guests will be welcomed by Khada (white scarfs) and home made local drinks (Rakshi) accompanied by a welcome song in the local language. Freshen up and enjoy the local Syabru dance. Overnight at the community lodge.

#### Day 5: Tatopani

This is the longest day's trekking of the entire trip and will take about 7 hours. The walk begins by descending to Thangbuchet (near Chilime village) by the Bhotekoshi River. Stop for the lunch here. Chilime Hydropower dam is situated here. After lunch, the trail will be climb up, crossing the hanging bridge. You will keep climbing until you get to Tatopani which literally means 'hot water'; you can cleanse yourself in natural hot springs with bathing areas in the lap of the mountains. Locals believe that the waters have a healing quality that eases away your aches and pains. Dinner and overnight stay at local tea house.

#### Day 6: Thuman

The trail ascends to Nagthali Danda (3300m), the high open grassland with amazing views of the snow covered Himalayas. Stop for lunch at Brimdang village. After lunch, the trek continues with an ascent to Nagthali Danda. You can enjoy the view and spend some time at the top accompanied by tea prepared by the care taker of the Gompa. The trek continues down to Thuman, a Tibetan-influenced Tamang village with friendly people who love to sing and dance. Dinner and overnight at local tea house.

#### Day 7: Briddim

The walking begins with a flatter trail in the beginning and descends to Timure en route to the old trade route to Tibet. Stop here for lunch. Rasuwaghadi (Nepal-Tibet boarder) is just 3hrs walk from Timure and lies on the bank of River. After lunch, the trail continues to Briddim, another Tibetan-influenced Tamang village. The homestay at Briddim is a unique experience. All accommodation and food are offered at the individual houses on a rotational basis. Each host family provides a clean bed, toilet and family dining room. You'll enjoy traditional foods, like plain rice, Tibetan bread, Syakpa (Sherpa Stew), potato, Tibetan tea and Briddim. As a visitor, you can also observe the local indoor rituals and cultural practices with the host family and go on village walks to see the lifestyle, traditions and customs of the people. In the evening, the locals gather in their traditional costumes, performing cultural songs and dances, welcoming the visitors. The host family guides the visitor and explains the special features of the village.

#### Day 8: Syabrubesi

After breakfast, you descend down to Syabrubesi, is just 3hrs walk from Briddim. Following lunch, the rest of the day is free. Dinner and overnight at Syabrubesi.

#### Day 9: Kathmandu

Early morning breakfast and drive back to Kathmandu. 8-9hrs.

### Details

#### Getting there

Trips depart from Kathmandu, Nepal's capital.

#### Price includes

Food, accommodation, activities, guide, all transport

#### Price details

Price is per person in a group of six.

#### Typical Duration

9 days

#### Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

#### Experience required

A reasonable level of fitness and interest is all that is needed