



COMMUNITY ACTION TREKS

Tamang Heritage and Langtang Valley Trek

Trek through valleys, forests and villages in an area of outstanding natural beauty.

NEPAL





GRADE
GENTLE

MAX ALTITUDE
4773m

TREKKING DAYS
10

TRIP LENGTH
16 DAYS

MIN PEOPLE
4

Tamang Heritage and Langtang Valley Trek

This recently opened trail combines spectacular Himalayan views, historical and cultural heritage with an insight into Tamang and Tibetan cultures; including Tamang rituals, religious festivals, traditional architecture and the exotic costumes of the Syabru dances.

Starting from Sybrubensi in Langtang, the route passes through the small communities of Golhung, Gatlang, Tatopani, Rasuwagadhi and Briddim before finishing back at Sybrubensi. From Goljung Pass there are magnificent views into Langtang and Kyirong in Tibet.

Briddim is a Tibetan village dominated by Tibetan culture where we have an opportunity to stay in home stay style accommodation, eating traditional food and sleeping in a family home.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1065 per person* (land only price - see last page)

*prices subject to change



Tamang Heritage and Langtang Valley Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

Day 2

Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Drive to Sybrubensi 1440m via Dhunche (6-7 hour drive).

After breakfast we'll drive to Sybrubensi, a village with huge stone houses, passing by Trishuli Bazaar and Dhunche. Along with the green hills, villages, and rivers, we will be looking at snowcapped peaks. Driving on a bumpy and winding road, we reach Sybrubensi where we stay overnight.

Day 4

Sybrubensi to Gatlang 2200m (5 hours walking).

From Sybrubensi, we hike across the Goljung Village enjoying views of the Ganesh Himal, Shishapangma, Langtang Lirung and others. Gatlang is a small village on the hillside with traditional stone houses where we will stay overnight.





Day 5

Gatlang to Tatopani 2607m (6-7 hours walking).

Today, we begin with a descent to Thangbuche and soak-in magnificent views of the Ganesh Himal and the Langtang ranges along the way. We then pass by the Chilime hydropower dam and ascend until Tatopani. The name Tatopani literally means 'hot water' in Nepali owing to the natural hot springs there. However, the hot springs are no longer there after the earthquake that hit Nepal in April 2015.

Day 6

Tatopani to Thuman 2400m (6 hours walking).

Today, we trek from Tatopani to Thuman via Brimdang and Nagthali. Passing through the dense alpine forest, we reach the small Tamang settlement of Brimdang. From here, it's a few hours walk uphill until Nagthali hill. We enjoy the mesmerizing views of Langtang, Sanjen, Kerung and Ganesh Himal before descending to the Tamang village of Thuman.

Day 7

Thuman to Briddim 2345m (6 hours walking).

Today, we trek to Briddim from Thuman via Lingling. Briddim is a Tibetan Buddhist village, ideally located in the lap of the Langtang Himal. We visit the Dukchu Gomba monastery. You will notice that most of the houses are built of stone and are inhabited mostly by people of Tibetan origin. Briddim in fact, resembles a typical Tibetan village.

Day 8

Briddim to Lama Hotel 2470m (6 hours walking).

The trail descends to Ghopche Khola which is a small stream. We then ascend to Lama Hotel via Rimche. Lama Hotel is located on the banks of the Langtang River and is surrounded by lush forests and amazing mountain vistas.

Day 9

Lama Hotel to Langtang Village 3430m (6-7 hours walking).

Today, we embark on our trip to the Langtang Village. Our trail continues alongside dense forests. After climbing steadily through the valley, we leave the tree line behind us. On the way, we also enjoy the marvelous views of Langtang Lirung, passing by water mills, prayer wheels and chortens adorned with sacred mounds of rocks with inscriptions carved on them.

Day 10

Langtang Village to Kyanjin Gompa 3870m (4 hours walking).

After breakfast, we leave Langtang village and walk through yak pastures. Today, we also pass the largest mani wall in Nepal which is made from stones with prayers written on them. It is believed that the prayers on the mani wall are spread by the wind. We cross several wooden bridges before reaching Kanjin Gompa which is beautifully surrounded by the mighty Himalayas. We can take a walk around the Kanjin Gompa enjoying astounding views of glaciers, icefalls, birds and yaks.

Day 11

Exploration Day.

Today you are to explore the wonderful surrounds of the upper valley. Walking further up the valley to Langsisa is one option for the well acclimatised who may wish climb Kyimosshung, a 4620m peak behind the village. The views of Langtang Lirung's face and its glacier below are awesome. Dorje Lakpa and shapely Kangchenpo (Fluted Peak) lie further up the valley and beyond the Tibetan border lies the mighty Shishapangma. Other options are to climb Tserko Ri(4984m.) or Kanging Ri(4773m.) from where one can see extraordinary views of the Langtang Range.

Day 12

Kyanjin Gompa to Lama Hotel 2470m (4-5 hours walking).

We descend through forests and alongside a beautiful mountain river. On the way we pass through the ethnic settlements of the Tamang people whose religious and cultural practices are similar to the Tibetans.





Day 13

Lama Hotel to Sybrubensi 1440m (4-5 hours walking).

Today we trek downhill following the so called 'high' route back to Syarubesi. This trail splits off the route we took upwards shortly after leaving the Lama Hotel. The route goes to the small village of Syarpagaon and continues onto Bhanjyanggaon and then to Khangjung before descending back to Sybrubensi. This was the primary route to Langtang before the new trail was built.

Day 14

Drive to Kathmandu (7-8 hour drive).

An early morning start today for our return to Kathmandu. We will drive back to Kathmandu passing terraces, streams, rivers, local settlements and high hills along the Trishuli River. The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.

Day 15

Free day in Kathmandu.

A day to explore Kathmandu and do some last-minute shopping.

Day 16

Depart Nepal.

Transfer to Kathmandu airport.



Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.

The price includes (on a lodge basis):

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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