

Langtang Tamang Heritage trail Trekking

<https://www.nectravels.com/package/lanagtang-heritage-trekking/>

Tamang Heritage Trail in a previously restricted area near the Tibetan border. Its unexplored regions of the Langtang area have recently been opened. This trek is combined with the panoramic mountain views, landscape & culture. The people in this region are mostly of Mongolian stock whose culture goes back to hundreds of years. The craftsmanship, dress, traditionally built stone-mud houses and the beautifully carved wooden porches reflect the beauty of culture and the serenity of the Himalayas.

This trekking trail passes through traditional Tamang and Tibetan villages and goes until the Tibetan border Rasuwagadhi passing through a natural hot spring in Tatopani. Home stay facility is also possible along the route.

Itinerary

Day 01: Arrival in Kathmandu

Arrive at Kathmandu International Airport and get transferred to a hotel. Our Tour Manager will give you the briefing about the trip upon arrival in the Hotel.

Day 02: Kathmandu Sightseeing Tour

After breakfast, proceed for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone.

Day 03: Kathmandu to Syabrubesi, drive approx. 7-8 hrs

After an early breakfast we will drive north from Kathmandu to Syabrubesi. Parts of the road are unsealed and the condition of the road often depends upon the monsoon season. We will travel via Trisuli Bazaar where the dam and hydroelectric project was completed by the Indian Technical Mission. Finally we drive on to Syabrubesi where we will make our first camp and final preparations for our trek.

Day 04: Commence trek to Gatlang (2238m). Walk approx. 5 hrs

After two to three hours of ascent from Syabrubesi we reach a view point where we gain

fantastic views of the Ganesh Himal, Gosainkunda range and Langtang Lirung. We head down to Goljang valley (lunch stop) which is an hour walking down a hill from our view point. Today we walk through many villages and along the trails there are numerous Buddhist chortens and main walls. Gatlang is a beautiful Tamang village that is set high on a hillside among terraced fields.

Day 05: Trek to Tatopani (2607m). Walk approx. 5-6 hrs

Our walk today begins by descending to Thangbuchet (near Chilime village) by the Bhotekoshi River. Chilime Hydropower dam is situated here. After Chilime, we start to ascend first by crossing a small hanging bridge and continue until we reach our campsite. Enroute, we have excellent views of the Langtang Range and Ganesh Himal. Tatopani literally means 'hot water', where one can cleanse in the natural hot springs. Locals believe that the waters have a healing quality that eases away your aches and pains.

Day 06: Trek to Thuman (2338m) via Nagthali (3165m). Walk approx. 7-8 hrs

This will be the longest trekking day. This morning we ascended to Nagathali, which was once used as a popular meditation center for the local monks and priests. Nagthali Danda (3300m), the highest pass of the area, lies in a high open grassland and offers panoramic views of snow covered Langtang Lirung, Kerung, Ganesh Himal and Sanjen Ranges. We descend down to Thuman, a heavily Tibetan influenced Tamang village. If we are lucky, we might come across large troops of Nepal Gray Langur Monkeys. The ancient monasteries and houses adorned with rich wood engravings here are an unforgettable experience.

Day 07: Trek to Timure & Tibetan borderlands. Walk approx. 3-4 hrs

We begin with an easy flat trail which descends to Timure en route to the old trade route to Tibet. After lunch and making camp at Timure we head towards Rasuwa Gadhi, an historical reminder of the Nepal-Tibet relations that has existed for many centuries. A suspension bridge here links Nepal and Tibet. We are not permitted to camp at Rasuwa Gadhi, as it lies on the border and security is extremely tight.

Day 08: Trek to Briddim (2239m) Walk approx. 5-6 hrs

We begin with an easy flat trail which descends to Timure en route to the old trade route to Tibet. After lunch and making camp at Timure we head towards Rasuwa Gadhi, an historical reminder of the Nepal-Tibet relations that has existed for many centuries. A suspension bridge here links Nepal and Tibet. We are not permitted to camp at Rasuwa Gadhi, as it lies on the border and security is extremely tight.

Day 09: In Briddim, rest day

Today we will rest and visit the local monastery of Dukchu Gomba, chosen as a sacred site by the great Tibetan Lama – Guru Rinpoche and Chukla Khnaga Gomba.

Day 10: Return trek to Syabrubesi. Walk Approx. 4–5hr s

We follow the Bhote Kosi River on the left side of the valley to the north and then return on the opposite side. Passing through paddy and corn fields we finally descend to our campsite at Syabrubesi.

Day 11: Return to Kathmandu 7-8 hrs

After Breakfast, drive back to Kathmandu.

Day 12: Kathmandu Departure

Free for adequate personal activities till departure transfer from hotel to the International Airport