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Langtang Tamang Heritage Trail

URL: <https://nepalbasecamptreks.com/trip/langtang-tamang-heritage-trail/>

Trip Code

NBT 33

Destination

Nepal

Activity

Packages Tour

Start / End Point

Kathmandu / Kathmandu

Duration

7

Per Person From

USD 650

Accommodation

Homestay/Guest House

Region

Langtang Region Treks

Max. Altitude

3,165 m / 10,384 ft

Nature Of Trek

Tea House to Homestay Basis

Best Season

All Year

Activity Per Day

5-8 Hours

Transportation

By Express bus or Jeep

Homestay/Guest House

Breakfast, Lunch, and Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights Of Langtang Tamang Heritage Trail

- An enriching short trek that is close to the capital city of Kathmandu.
- Traverse through forest trails while witnessing the diverse flora and fauna.
- Visit beautiful and traditional Tamang villages.
- Take a tour of ancient monasteries, gompas, and stupas.

- Get a chance to learn more about Tibetan Buddhism, the culture of the Tamang people, and their traditions.
- Dip into the natural hot springs of Tatopani.
- Witness the magnificent view of mountain panoramas like the peaks of the Langtang Lirung, Ganesh Himal, Tibetan Himal, Shishapangma, and more.
- Stay in cozy lodgings and taste the warm, local hospitality.

Trip Overview

Langtang Tamang Heritage Trail gives you a lifetime of thrilling Tibetan and Tamang Traditions!

Langtang Tamang Heritage Trail is a newly designed trekking route starting from Syabrubensi (Lower Syabru), just 68 Miles (122 kilometers)from Kathmandu Valley. Explore the Tamang Heritage Trail to immerse yourself in thrilled Tamang culture while enjoying spectacular views of Tibet Mountain. This relatively untouched tourist destination provides ancient lifestyles and the richest Tibetan Culture. Experience a mix of mountain beauty and superb wilderness, passing through beautiful landscapes to an alpine terrace with flat meadows of stunning forest rees and rhododendrons. Locals will heartily welcome trekkers to their community homes and tea houses, where you can immerse your dream in their daily lives.

You can learn about Tamang cultures, local customs, and traditions and observe the makings of handmade baskets, mattresses, and hand-weaving clothes. Visit their ancient monasteries and view Tibetan Buddhist religious practices. You will stay overnight at a homestay where houses in the region are adorned with rich wood carvings. Tamang people are the largest ethnic group in Nepalese mountain dwellers of Langtang Region Trekking. Tamang “Ta” meant horse and “Mang” meant solders. There is a legendary belief that they migrated to Nepal between the 8th and 11th centuries as horse businessmen and settled in the region.

Trip Itinerary

Day 01: Drive from Kathmandu to Syabrubesi (1,555 m / 5,100 ft)

We will begin our Langtang Tamang Heritage Trail journey by driving early to Syabrubesi. The beautiful town of Syabrubesi is the gateway to the Langtang Trek. Driving from Kathmandu takes 6 to 9 hours, depending on the road conditions. We will drive along the winding roads of the Nepali countryside and Trishuli River Valley. As our vehicle ascends to Dhuche along the river, you can get glimpses of Langtang and Ganesh Himal along with Annapurna I, Manaslu, and other peaks.

Trek Distance:

122 km / 76 miles Drive

Trek Duration

6-9 hours (including a lunch break)

Highest Altitude:

Syabrubesi (1,555 m / 5,100 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Guest House in Syabrubesi

Day 02: Trek from Syabrubesi to Gatlang Village (2,250 m / 7,217 ft)

From Syabrubesi, our trek starts for the Tamang Heritage. The trekking route enters dense woodland, and the trail ascends gently. After three hours of trekking on rocky terrain, we will reach Ronga Bhanjyang, where the spectacular view of Gosaikunda range, Goljung Valley, and Ganesh Himal will greet us. Then, the trail descends to Goljung Valley for an hour before ascending towards Gatlang. It takes another three-hour hike to reach Gatlang, a beautiful and authentic Tamang settlement with stone homes. You can witness the beautiful Langtang Himalayas, including Langtang Lirung. It is also home to an age-old Tamang monastery, and the Parvati Kund lies close to the village. At Gatlang, you will witness and learn about the Tamang culture and traditions

Trek Distance:

11 km / 6.8 miles

Trek Duration

5-7 Hours

Highest Altitude:

Gatlang Village (2,250 m / 7,217 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Paldor peak Guest House in Gatlang Village

Day 3: Trek from Gatlang to Tatopani (2,380 m / 7,808 ft)

We will continue our journey after breakfast in Gatlang. The trail descends to Thangbuchtet alongside the banks of the Langtang River, entering the subtropical forests and passing by several chortens and mani walls. Along the way, we will pass by the Chilime village with a picturesque lake, which the Chilime Hydropower Dam created. Then, we will begin ascending, and the trek passes a suspension bridge before arriving at Gonggang village. The trail ascends past small Tamang and Sherpa settlements and terrace farms until we reach Tatopani. The village of Tatopani is famous for its natural hot springs and healing properties. You can dip in the spring in the evening and relax your body.

Trek Distance:

12 km / 7.5 miles

Trek Duration

6-7 Hours

Highest Altitude:

Tatopani (2,380 m / 7,808 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Echo Guest House in Tatopani

Day 04: Trek from Tatopani to Thuman (2,340 m / 7,677 ft) via Nagthali Hill (3,165 m / 10,384 ft)

The hot springs of Tataopani rejuvenate our bodies for the trek ahead. We will ascend on the forest route until it opens to high grasslands with stunning mountain views. After two hours of trekking, we will reach Brimdang, where we have to trek for another two hours to reach Nagthali Hill. You can witness the grand views of adjacent mountain vistas, which include mesmerizing views of Langtang Lirung, Ganesh Himal, Tibetan Himal, and Shishapangma. As the trekking trail continues, we will encounter several small monasteries around the hill. We will begin descending from here to Thuman, another beautiful Tamang village. Upon reaching Thuman, you can see Tibetan-style houses, architecture, culture, and customs. Sometimes, the local Tamang people also host traditional singing and dancing.

Trek Distance:

10 km / 6.2 miles

Trek Duration

6-7 Hours

Highest Altitude:

Nagthali Hill (3,165 m / 10,384 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Village View Guest House in Thuman

Day 05: Trek from Thuman to Briddim (2,239 m / 7,345 ft)

On this day, the trek begins with gentle walking before descending towards Timure, an ancient trade route to Tibet. After three hours of uphill and downhill climbing, we will reach Rasuwagadhi, a historic fort on the Nepal-Tibet border. The trail from here begins to ascend steeply to a ridge, offering a magnificent view of the snow-capped mountains and landscapes. Then, we will enter the dense sub-tropical forest of rhododendrons, oaks, and pines before arriving at Briddim. It is also a Tamang village with Tibetan influence, and you will rest here overnight.

Trek Distance:

8 km / 5 miles

Trek Duration

5-6 Hours

Highest Altitude:

Briddim (2,239 m / 7,345 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tashidhelek Guest House in Briddim

Day 06: Trek from Briddim to Syabrubesi (1,555 m / 5,100 ft)

After breakfast, we will leave the beautiful village of Briddim and head towards Syabrubesi, the ending point of our Langtang Tamang Heritage Trail. It is an easy hike downhill, passing dense forests, bamboo groves, small settlements, and terrace farms. We will also trek alongside the Langtang River while

stunning views of the Langtang ranges keep us company. Once you reach Syabrubesi, you can relax and unwind or visit local shops for souvenirs.

Trek Distance:

8 km / 5 miles

Trek Duration

4-5 Hours

Highest Altitude:

Syabrubesi (1,555 m / 5,100 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Old Namaste Guest House in Syabrubesi

Day 07: Drive from Syabrubesi to Kathmandu (1300 m / 4265 ft)

This is the final day of the Langtang Tamang Heritage Trail, and after breakfast, we will begin driving back to Kathmandu. We will drive on the same road as before, following the green hills, countryside, and rivers. The trip will conclude after we reach Kathmandu and transfer you to your respective hotels.

Trek Distance:

122 km / 76 miles Drive

Trek Duration

8-9 Hours by Drive

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Breakfast, Lunch, and Farewell Dinner

Accommodations:

International Guest House in Kathmandu

Day :

Inclusion on Langtang Tamange Heritage Trial Trek price

- Your International Airport Pickups and Drops Off from the airport/hotel/airport.
- 1 Night Deluxe Room accommodations twin sharing on breakfast basis.
- Buffet Breakfast in Kathmandu and Full meals during the trek.
- Sharing Transportation from and to Kathmandu.
- Guide: English-speaking, trained and experienced mountain guide during the trek.
- Potter Service: One porter each two trekkers to carry your luggage on the trek.
- Welcome dinner in Kathmandu.

- Four Season Down jacket and sleeping bag with duffel bag, trekking route map, Trekking poles, to be returned after trip completion).
- A comprehensive first aid medical kit during the trek.
- All taxable necessary paper work and permit.
- Company applicable taxes and service charges.

Exclusion on Langtang Tamange Heritage Trial Trek price

- Meals & Hotel in Kathmandu.
- Deserts (cakes, bakes, and pies).
- Any size of Pots Hot Drinks.
- Bottled drinks (Mineral Water).
- Boiled water for Drinking.
- Electronic device recharge.
- Hot shower during the trek.
- Telephone, Laundry, Wi-Fi.
- Personal Porter On Trek
- All Personal expenses.
- Your Travel insurance.
- Your Medical Insurance.
- Tip for Guide and Porter.

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 690
3 - 5	USD 670
6 - 9	USD 650
10 - 14	USD 620
15 - 19	USD 600
20 - 30	USD 550

Trip Information

Difficulty of Langtang Tamang Heritage Trail

The Langtang Tamang Heritage Trail takes you to the off-the-beaten trails of the [Langtang region](#) of Nepal. It is popular for its remote and secluded routes through Langtang National Park. It has the grade of easy hiking to moderate. The trek is ideal for beginners and trekkers of all ages and levels. However, taking on the trek requires good health and fitness.

Trekking in the Langtang Tamang Heritage Trail takes you to an altitude above 2500 meters. There are no particularly steep sections, but you must climb up and downhill. Similarly, the off-beat paths are uneven and rocky. The average walking hours can range between 6 to 7 hours or more. It depends on the destination and also on your hiking pace. Since the trek is at a lower altitude than other treks like Everest Base Camp Trek, Annapurna Base Camp Trek, etc., there is a minimum risk of altitude sickness.

Aside from physical difficulty, the trek will take a mental toll on unprepared trekkers. There is a lack of infrastructure, and the facilities are only basic along the Tamang Heritage Trail in the Langtang region. As a result, trekkers may feel isolated and stressed. With proper preparation, trekkers can easily overcome the difficulty of the trek.

Hiring an experienced trekking guide will make the trekking experience more comfortable. Combine the Tamang Heritage Trail Trek with the Langtang Valley Trek if you feel more adventurous. The Langtang Valley and Tamang Heritage Trek are two popular trek destinations that take you to the beautiful Langtang village and the beautiful Tamang settlements.

Best Time For Langtang Tamang Heritage Trail

Langtang Tamang Heritage Trail is possible to do any time of the year. But spring (March to May) and autumn (September to November) are the best times to trek in Nepal, including trekking in the Langtang region. Take a look at the summary of each season:

Spring season

Spring falls between March and May and is one of the best times for trekking and touring. The season has clear and sunny weather with longer daylight hours and low precipitation. Hence, trekkers can enjoy dry trails and excellent views. You can get crystal clear views of the Langtang mountain ranges like Langtang Lirung and Ganesh Himal. Flora and fauna are also the most active during spring. Thus, the subtropical forest of rhododendrons and wildflowers is in full bloom.

Summer/ Monsoon season

The summer coincides with the monsoon season in Nepal and lasts from June until August. It is one of the least favorable times for the Langtang Tamang Heritage Trek in Nepal. Heavy rainfall occurs in the hilly areas of Nepal, making the trails wet, muddy, and slippery. Leeches also infest the trails. Moreover, there is a high risk of landslides, mudslides, and flooding, which can cause hindrances during the Langtang Tamang Heritage Trek.

Autumn season

Another best time for the Langtang Tamang Heritage Trek journey is from September to November, i.e., autumn. The weather is most favorable and stable, with excellent visibility. The temperature is moderate and comfortable for trekking. Moreover, the crisp blue sky and vibrant landscapes make the trek more

enjoyable. Vegetation looks fresh at this time, and the autumn foliage adds to its beauty.

Winter season

The winter season runs from December to February and is an off-season for trekking in Nepal. The higher regions receive a lot of heavy snow and blizzards. But there are only a few fellow trekkers on the trails, and it is the best time to enjoy the views of snow-covered mountain vistas in a serene atmosphere. The daytime can be sunny, but the temperature plunges at night. The temperature can dip below freezing during the coldest time of the year.

Frequently Asked Questions

How hard is the Langtang Tamang Heritage Trail?

Langtang Tamang Heritage Trail is a moderately easy and short trek suitable for every trekker. It requires reasonable fitness and good health. The trek is simple, but one must climb uphill and downhill trails on varied terrains. Hence, it requires good physical stamina. The average walking hours during the trek are 6 to 7 hours, depending on the destination. You can combine Tamang Heritage with Langtang Trek for a more exciting adventure.

Do I need permits for Langtang Tamang Heritage Trail?

You will need a TIMS (Trekkers Information Management System) card and a Langtang National Park Entry Permit for the Langtang Tamang Heritage Trail. The cost of a TIMS card is around USD 20. Meanwhile, the price of a national park entry permit is USD 30 for foreigners and NPR 1500 for SAARC nationals. You can obtain these permits through a registered trekking agency.

What accommodations can I expect during Langtang Tamang Heritage Trail?

There are lovely homestays and teahouses along the Langtang Tamang Heritage Trail, where you will stay during your journey. These accommodations are basic and only offer facilities like lodging and food. Do not expect to find luxurious stays along the route.

Is a safe drinking water facility available during the Langtang Tamang Heritage Trail?

You can buy bottled water at teahouses and shops along the Langtang Tamang Heritage Trail route. You can also bring a water bottle and fill it with boiled or filtered water at the teahouses. For further safety, you can carry water purification tablets or a portable filter. Although water resources (streams, taps, etc.) may look clean, never drink directly from them.

Can I use a credit card during Langtang Tamang Heritage Trail?

There are no credit card facilities available on the Langtang Tamang Heritage Trail. You will also not find

any ATM facilities once you leave Kathmandu for the journey. So, carry sufficient cash (Nepalese Rupees) for personal expenses.

Address

Nepal Base Camp Treks Pvt. Ltd

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