Tamang Heritage Langtang Trek



Trip Overview

The Tamang Heritage Langtang Trek is a moderately difficult trek route. It is about 15 15-day adventure in the immersion of Tamang villages in the Langtang region. Trekking through valleys with yak pastures, and enjoying the panoramic vistas of

the seventh-highest mountain in the world, Langtang Lirung, you unwind in adventure like no other.

Be part of nature, celebrate, choose appropriate clothing, and get geared for the most-awaited adventure of life. What are you looking for? The package offers you glimpses of the Langtang Lirung, the Annapurna range, glaciers, and valleys that offer awe-inspiring moments.

Choosing to summon on the Tamang Heritage Langtang trek can offer you an encounter with local culture and the rustic charm of the Himalayan lowlands. So, why not immerse yourself in the vibrant Tamang culture and unwind in a thrilling adventure in the Langtang region, flecked with yak pastures?

Why wait, when you exactly can start your Tamang Heritage trek today, and pave towards natural and cultural enrichment?

Trip Itinerary

- 1 - Arrival in Kathmandu
- 2 - Drive to Syabrubesi
- 3 - Trek to Goljung then Gatlang (2238m)
- 4 - Gogang to Tatopani
- 5 - Thuman (2338m)
- 6 - Trek to Briddim (2239m)
- 7 - Trek to Lama Hotel (2420m)
- 8 - Trekking from Lama Hotel to Langtang Village
- 9 - Kyanjin Gompa (3830)
- 10 - Rest day/hike to Lantang Lirung Glacier
- 11 - Langtang Lirung Glacier to Lama Hotel
- 12 - Descend to Thulo Shyabru
- 13 - Dhunche / Drive to Nuwakot
- 14 - Drive to Kathmandu
- 15 - Departure to Home

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Private Transport from trek start and End point
- 3-star Hotel stays at Kathmandu twin sharing
- Lodging and Tea house accommodation for 10 nights
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps
- All necessary paperwork and permits (TIMS/ Conservation Fee)
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Entrance fee for other sightseeing
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking flight, round trip from Kathmandu to Pokhara

Gears and equipment

- Clothing
    - Waterproof jackets and pants
    - Sweaters, and down jackets
    - Lightweight trousers
    - Hiking shirts- long-sleeved
    - Hooded rain and Fleece jacket
    - Inner wears
    - Lightweight and heavyweight winter gloves
    - Sun hat or scarf,
    - Money belt,
    - Cotton headscarf, bandana

    - Winter hat or insulating hat

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 swiss type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with UV protection
    - Money
    - Watch
    - Cell phone and camera

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

Faqs

1. **Is Tamang Heritage Langtang Trek suitable?**

   Tamang Heritage Langtang trek introduces you to local insights and the unique traditions of native Tamang people residing in the Langtang region. The Tamang Heritage Trail allows you exquisite views of mighty mountains like Langtang Lirung, (7,234 m) and Ganesh Himal (7,429 m).

2. **Is Langtang trek beginner-friendly?**

   Langtang trek is beginner-friendly and even worth it, and can also be done with a reasonable fitness level. Even, having a guide is optional in this region. Need not worry about permits, you can get them at check-posts, and safely conquer the Langtang region, in groups.

3. **How can I trek to Langtang from Kathmandu?**

   The most popular route for Langtang is the Syabrubesi route, while, you can also choose to trek from the Sundarijal route and enjoy the wilderness, Tamang culture, and tranquil environment from Kathmandu.

4. **Is there Wifi in the Langtang region?**

   Some of the teahouses in Langtang region provides free wifi services in the Langtang region., But when you are climbing steep regions, issues with a network may be seen. So, be prepared for all the situations, in normal scenarios Wi-Fi, Network, and electricity services are easily available.

5. **What are the permit requirements for Langtang Trek?**

   Langtang National Park permit and a TIMS card are required for ascending the challenging trail of Langtang region. One can obtain this easily online and also at the Nepal Tourism Board office.