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Tamang Heritage Langtang Gosaikunda

URL: https://himalaya-discovery.com/trip/tamang-heritage-langtang-gosaikunda-2/

Destination
Nepal

Activity
Trekking in Nepal

Duration
23

Region
Langtang

Max. Altitude
4610m

Best Season
February to May & September to November

Activity Per Day
4 to 6 Hours

Easy to Moderate

Tamang Heritage Langtang Gosaikunda Overview

Tamang Heritage, Langtang Gosaikunda Trek is the nearest Himalayan trekking region from the Kathmandu Valley. This trek is a fantastic trip that combines three hiking trails as Tamang Heritage, Langtang Valley Trek and Gosaikunda Trek.

We travel via Trishuli Bazaar and Dhunche to Syabrubesi, a Tamang village on the edge of the Langtang National Park, following the Trishuli River north of Kathmandu. We then turn east into the Langtang Valley, crossing the river several times as we ascend along the valley's gorge-like lower section.

We pass through oak and rhododendron forests and even cross glacial moraine on our way to the Tamang village of Langtang. We start our trek from Syabrubesi starts as usual with bus drive from Kathmandu to Syabrubeshi.

The walking in the trail from Syabrubesi takes you to the beautiful villages of mostly Tamang origin of people. Gatlang, Tatopani, Briddan and Thuman offer a unique hospitality and showcase the traditional lifestyle of their society. The festivals, livelihood, and culture of this tribal community can be experienced authentically by staying in their homes or lodges run by these people.

Once we spent time with these people you will trek towards Lama Hotel and follow the route of the Langtang Trek. The trekking towards Kyanjin Gompa passing by the village of Ghoda Tabela, Langtang Valley and Mundu. The stunning panoramic views of mountains such as Langtang, Lirung, Tserko Ri, and Langtang glacier and others, could be breathtaking.

The route then returns back to Lama Hotel and passing by the Thulosyabru and Lauribina-yak pass, once

you have captured the magnificent view of the lake as well as the surrounding landscapes the trek follows towards the Helambu area, which is situated near the Tibet boarder, there are many things to capture all along the way from beginning to the end of this trek.

Despite its remoteness, it has many natural wonders to offer, like the beauty of the oak, rhododendron, and bamboo forests, a clear view of the snowy peaks, the unique culture and traditions of the people who living in this area, beautiful faunas and Gosaikunda Lake.

The Tamang Heritage and Langtang Gosaikunda Trek is the perfect combination of natural, cultural, geographical and biological beauties. For those who want to trek this off the beaten track and see something completely different from many of the more touristy areas in the country, this is a perfect trek.

Itinerary

Day 01: Arrive in Kathmandu

Upon your arrival in the Kathmandu (1400 m) airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to your hotel by private tourist vehicle.

Day 02: Drive to Syabrubesi by bus.

Drive from Kathmandu to Syabrubesi (1462 m) which takes about 7 hours by bus. You travel north out of Kathmandu, passing through Dhunche, through scenic foothills and Ridgeline vistas on your way to Syabrubesi.

While driving along the bank of Trishuli River, you can see Ganesh Himal, terraces, and green hills. The road from Trishuli to Syabrubesi is rough. Overnight at guesthouse.

Day 03: Trek to Goljung.

Today you will trek from Syabrubesi to Goljung (1946 m), which will take 4 to 5 hours. Here you get the experience to discover the Tamang way of life. And also see unique cultural show. Overnight you will stay at guesthouse or home.

Trek Duration

4 – 5 hrs

Day 04: Trek to Gatlang.

Heading out from Gojlung, you will reach at Gatlang hiking for 4 hours. You can see the stunning landscape from here. You will also have the chance to see a remarkable cultural show, which will make your trip even more unforgettable.

The Tamang community of Gatlang is located on a hillside between terraced fields. A Tamang monastery and the beautiful Parvatikunda Lake can also visit here. Overnight at guesthouse / home stay.

Trek Duration
4 hrs

Day 05: Trek to Tatopani.

It takes about 4 hours to get Tatopani (2607 m) from Gatlang. En-route, it is pleasure in seeing the views of Langtang range and Ganesh Himal. Tatopani literally means “hot water” in Nepali.

You can take a hot bath in the hot springs here, and it is said that bathing in this spring will alleviate aches and pains. Overnight at guesthouse / home stay.

Trek Duration
4 hrs

Day 06: Trek to nagthali.

From Tatopani, it takes about 5 hours to reach Nagthali via Nagthali Ghyang (3165m). From Nagthali Ghyang you will see fascinating views of Langtang, Ganesh Himal, Kerung range can be observed.

Nagthali used to be a popular meditation spot for local priests and monks. Overnight at guesthouse / home stay.

Trek Duration
5 hrs

Day 07: Trek to Thuman.

Today, we will hike to Thuman (2338m) which takes around 5 hours. Thuman is a cultural village famous for its Shamanic practices and spectacular views of Langtang Valley. Overnight at guesthouse / home stay.

Trek Duration
5 – 6 hrs

Day 08: Trek to Rasuwagadhi.

Today, we leave Thuman for Rasuwagadhi, that will take about 5 hours. We set up our camp for the night at Rasughadi. Overnight at guesthouse / home stay.

Trek Duration
5 hrs

Day 09: Trek to Bridim.

Today, we move from Rasuwaghadi to Briddim (2229 meters), it will take approximately 6 hours. On the way today, you can see the Tibeto Burman Tamang way of life.

You can explore village life of Briddim. Briddim is a Tibetan Buddhist community, and their culture is very similar to Tibetan. Overnight at guesthouse / home stay.

Trek Duration
6 hrs

Day 10: Trek to Sherpagun.

It will take an hour to walk through dense pine forest to reach Khamjing village. Still the trail passes through the terraced field where locals cultivate mostly potatoes, wheat and barley. This route was a classic Langtang Valley trail. Overnight at guesthouse / homestay.

Trek Duration
5 – 6 hrs

Highest Altitude:
2563m

Day 11: Trek to Lama Hotel.

We'll walk on suspension bridge above the Bhote Koshi River, located to the north of the union point with Langtang River. Thick forests with a range of plants like maple, alder, oaks, bamboo and so on comes en-route.

Along the ways, you may see yellow-throated martins, langur monkeys, wild boars, Himalayan black bears, and other wild animals.
We'll come across a river through a bridge as we continue on the trail.

We keep ascending all the way along the track, and then we cross a steel suspension bridge (2000 m) above the Langtang River once again. The lane now heads to the North shore of the Langtang River with the eye-catching views of waterfalls. We continue our trek to Lama Hotel. Overnight at a hotel.

Trek Duration
4 hrs

Day 12: Trek to Langtang Village.

Today, we trek about five hours from Lama Hotel to Langtang Village (3330 m). We first reach at Ghode-Tabela, a small settlement with a trekker's lodge, police checkpoint, shops.

Then, we pass through Tamang settlements where we can see peace wheels and Buddhist peace flags. We'll also be fascinated by the amazing views of the Langtang range along the way. Then, you'll reach at Langtang Village, the Langtang National Park's headquarters. Overnight at guesthouse.

Trek Duration
4 – 5 hrs

Day 13: Trek to Kyajin Gompa.

After breakfast, continue the walk on the gradual uphill trail that passes through green pastures and other tiny villages such as Mondo and Singdum before reaching the destination at Kyanjing Gompa for the night.

During 4 to 5 hours trek, we cover 6.8 kilometers to reach Kyanjing Gompa, a beautiful village surrounded by the towering Kyanjing Ri and Tserko Ri, and we gain an altitude of nearly 500 meters from our overnight location. On Kyanjing Gompa, we will visit the traditional Yak cheese factory. Overnight at guesthouse.

Trek Duration
4 hrs

Day 14: Trek to Tserko Ri for The panoramic views of Langtang ranges, Yansa Tenji, Naya Kanga, Gangchempo, Morimoto Peak, Yala Peak, etc and back to Kyanjin Gompa.

Today is a rest day for acclimatization at Kyanjin Gompa. And then we'll ascend to Tserko Ri and enjoy the scenic beauty from the top of the hill before descending to Kyanjin for the night. Overnight at guesthouse.

Trek Duration
5 – 6 hrs

Day 15: Trek to Lama Hotel.

After a pleasant stay in Kyanjin, you return to the Lama Hotel via the trails along the Langtang River. Trek through lovely rhododendron forests and pass by Langtang village and Ghode Tabela to reach at Lama Hotel. Overnight at guesthouse.

Trek Duration
6 hrs

Highest Altitude:
2470m

Day 16: Trek to Thulo-syabru.

In the morning of our trek, we trek downhill to the bank of the Langtang River, then trek along the river and forest to Pairo (landslide). You can have lunch there. After lunch, you'll have to hike for a couple of hours uphill to reach Thulo-syabru.

You can see Langtang Lirung and other peaks such as Ganesh, Nayakhang and more. Walk around the village, visit the monastery and spend the night there. Overnight at guesthouse.

Trek Duration
5.30 hrs

Day 17: Trek to Sing Gompa.

Today, you start the trek by ascending a steep uphill to Phoprang Danda. Phoprang Dada, at an elevation of about 3200 m, is an ideal place to see the sunset over Ganesh Himal.

Sing-gompa, where you can visit a cheese factory, is about a four-hour walk from Thulo-syabru. The village is also known as Chandan Bari. Overnight at guesthouse.

Trek Duration
5 hrs

Day 18: Trek to Gosaikunda.

Today, our trek starts with ascending uphill to Cholang Pati. The scenic view from there is worth every lens capture. The view of Langtang Himal strikes your eyes over and over again on the trek. The magnificent Langtang, Ganesh, and Annapurna peaks will definitely refresh your trek.

When you arrive at Laure Binayak, take a break from the trek and enjoy a cup of tea. After that, you climb steeply uphill for a couple of hours until you reach a Buddhist shrine. Overnight at guesthouse.

Trek Duration
5 hrs

Day 19: Cross over the Laurebina Yak Pass then trek to Ghopte.

You get up early to see the sunrise from Gosaikunda. After breakfast, you head to Ghopte via Laurebina Pass. Leaving Gosaikunda, you first make a climb to Laurebina Yak Pass, the highest point of this trek.

Firstly, you cross 3 separate lakes and make an uphill climb through rocky routes to reach the pass. Once at the top, you can see majestic mountains and peaks of a 360-degree view.

After a while, you begin descending the trails and pass through several settlements. After a few hours of walking, you arrive at Ghopte. Overnight at guesthouse.

Trek Duration
5 hrs

Highest Altitude:
4610m

Day 20: Trek to Kutumsang.

After breakfast, we walk through the forest, sometimes on the ridges of hills, and then descend to Magengoth, there was an Army camp before. There are still two lodges.

The trail now gently ascends to the hill before descending through the rhododendron and fir forest, with only a few shepherds' huts. The trail continues all the way down to Kutumsang (2455 m). Overnight at guesthouse.

Trek Duration
4 – 5 hrs

Day 21: Trek to Chisapani.

From Kutumsang, the trail passes through lovely classic hill village with a nice street, some shops and there are good mountains views the trail drops down to tiny hill ridge called Chipling (2170 m) where we stop for lunch.

From Chipling, the trail descends to Pati-bhanjyang before a final steep climb to Chisapani (cold water) at 2165 m. Overnight at guesthouse.

Trek Duration
5 hrs

Day 22: Trek to Sundarijal then drive to KTM.

The path continues through an oak and rhododendron forest until it reaches Borlang Bhanjyang (2440 m).

After, we trek down to Mulkharka (1800 m), from where you can see the spectacular view of the Kathmandu Valley. Descending through the forest to Sundarijal, then we drive back to Kathmandu by bus.

In the evening, we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Day 23: Free day / Fly to home.

Today, you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

In the evening, we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Today, you will say goodbye to the wonderful journey and head back to home. Our representatives will drop you off at the airport according to your flight schedule.

Price Includes

- Airport transfers pick-up and drop-off.
- All necessary paper works, Langtang National park entry permits.
- Trekking information management system (TIMS) permit.
- Kathmandu to Syabrubesi by local bus (upgrade to private Jeep – USD 170 total)
- Sundarijal to Kathmandu by local bus (upgrade to private Jeep – USD 80 total)
- All meals (breakfast, lunch, dinner) during the trek.
- Hot drinks (tea/coffee) three cup a day.
- All accommodation during the trek.
- English speaking Sherpa trek guide.
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for staff.
- All the required surface transportation from and to Kathmandu by bus.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek (If needed).
- All government taxes.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfare and Nepal visa.
- Any personal medical / travel insurance which included rescue.
- Tips for the guide/porter (tipping is expected).

- Any others expenses which are not mentioned on the ‘Price Includes’ section.

Address

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Kathmandu, Nepal