

# KEEP WALKING - NEPAL LANGTANG HERITAGE TREK

- CONTACT US FOR DATES IF INTERESTED -



This 12 day journey which includes a camping-based trek between Langtang and the Ganesh Himal takes us through a culturally rich region steeped in Tibetan tradition. These are homelands to the Tamang people who have a distinct culture, language, and religion and are known as some of the warmest and most welcoming people in Nepal.

Initially making camp at Syabrubesi, we trek north towards the Tibetan border through peaceful valleys with terraced fields and picturesque villages following readily negotiated trails. Panoramic views of snow covered Langtang Lirung, Kerung, Ganesh Himal and Sanjen ranges together with a soak in the natural hot springs at Tatopani are just a few of the highlights we experience to this point.

Moving further north, we experience the area's deep rooted heritage as we visit a monastery, inspect a local fort and view the many Tamang homes with their exquisite architecture.

In short, this region offers a memorable experience of true wilderness with its beautiful landscapes and alpine terrain in locales packed with culture and heritage, which pleausurably takes us back many years into the past.

We would be pleased to have you along on this introductory level adventure and introduce you to our country and ways of life while your travel as part of my extended family.



*Ang Ngima Sherpa*

Business proprietor



12 day camp-based trek.

Introductory level: general level of fitness required – an 'everybody' trek.

## Trip Summary

- Day 1 – Arrive Kathmandu: meet-and-greet
- Day 2 – Guided tour of Kathmandu and surrounds
- Day 3 – Drive to Syabrubesi and set up camp
- Day 4 – Trek to Gatlan (approx 5 hrs)
- Day 5 – Trek to Tatopani (approx 5½ hrs)
- Day 6 – Trek to Thuman (approx 7 – 8 hrs)
- Day 7 – Trek to to Timure & Tibetan borderlands (approx 3 – 4 hrs)
- Day 8 – Trek to Briddim (5 – 6 hrs)
- Day 9 – Rest day and explore Briddim
- Day 10 – Return trek to Syabrubesi (4 – 5 hrs)
- Day 11 - Return drive to Kathmandu
- Day 12 - Trip concludes after breakfast, fly home

All meals are included for the 12 days except for lunch Day 1 and Day 11, and any meals on Day 12 required after breakfast.

**Cost: US\$2409 (joining Kathmandu)**

**Includes:** accommodation and most meals, road transport and airport transfers. A sleeping bag and kit bag are provided for use while on trek, with Sherpas and porters to assist you en-route and carry your gear. A medical kit will be carried by staff.

Single Supplement: additional US\$165

## CONTACT US

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# DAILY MOVEMENTS

## LANGTANG HERITAGE TREK



**Day 1 - Arrive Kathmandu** where you will be met by our local staff and transferred to your accommodation in Boudhanath. An evening meal will be held together so we can get to know each other.

**Day 2 - In Kathmandu** (1330m) we involve ourselves in sightseeing the major local attractions of the city including Pashupatinath temple, Patan, Bhaktapur, Swayambunath, Durbar Square and Boudanath stupa, the second largest stupa in the world. Time allowing we will travel to the lesser known nearby towns and our staff will provide options for your consideration so that you may gain the most out of this area packed with World Heritage sites.

**Day 3 – Drive to Syabru Besi** (1420m) from Kathmandu (7 – 8 hours). Our route takes us past Trisuli Bazaar, the location of an interesting dam and hydroelectric project which was completed by the Indian Technical Mission. Timing for the drive depends mainly on the condition of unsealed sections of road subjected to the timing of the monsoonal season. Our staff then set up camp for the night.

**Day 4 - Trek to Gatlang** (2240m) from Syabru Besi (approx 5 hours). We commence ascending for two to three hours and reach a point where extraordinary views of the Ganest Hima, Langtang Lirung and the Gosainkunda range present: then a descent into the Goljang Valley for our lunch stop. We move through many small villages along the trails and sight a number of Buddhist chortens and mani Walls. Our camp will later be set up on a hillside at beautiful Gatlang among terraced fields.

**Day 5 – Trek to Tatopani** (2600m) from Gatlang (approx 5½ hours). Our journey commences with a descent to Thangbuchet which is near Chilime village alongside the Bhotekoshi River. We will see the Chilime hydropower dam as we move upwards again across a small suspension bridge towards our Tatopani campsite for the night – Tatopani literally meaning ‘hot water’. Views of the Langtang Range and Ganesh Himal are excellent and we are able to soak in the natural hot springs which the locals believe are able to ease your aches and pains.

**Day 6 - Trek to Thuman** (2338m) from Tatopani (approx. 7-8 hrs). Our longest trekking day starts with an ascent to Nagthali (3165m), once used by local monks and priests as a popular meditation centre. Nearby Nagthali Danda (3300m) is the highest pass in this area and is situated in high open grassland with panoramic views of snowclad Kerung, Langtang Lirung, Ganesh Himal and the Sanjen ranges. We then descend to Thuman, a Tamang village with strong Tibetan influence, and may be fortunate in seeing large troops of grey langur monkeys. Ancient monasteries and houses in the village are ornamented with rich wood engravings: a sight to remember as we set up camp for the night.

**Day 7 - Trek to Timure** (2240m) **and Tibetan borderlands** from Thuman (approx. 3 - 4 hrs). We commence with a slow descent towards Timure along easy trails, on the old trade route to Tibet. Camp is set up at lunchtime, then a walk to Rasuwagadhi which provides a historical reminder of the centuries old Nepal - Tibet relations. A suspension bridge crosses the river joining the two countries.

**Day 8 - Trek to Briddim** (2340m) from Timure (5-6 hrs). We trek through meadows rhododendron forests along this trail and may encounter other trekkers in this area of high interest. Briddim is another Tibetan influenced Tamang village in the bosom of the Langtang Himal. Homes in the area are spread out in an interesting ‘Z’ configuration, most being built with stone walls and splitshake roofing.

**Day 9 – Remain in Briddim** (2340m) for a rest day. We will visit the local monastery of Dukchu Gomba which was chosen as a sacred site by the great Tibetan Lama - Guru Rinpoche and Chukla Khanage Gomba. A day to bring diaries up to date and check out local items of interest. A homestay overnight with locals provides opportunity for us to have further and closer cultural interaction with these fun loving Tamang people.

**Day 10 - Trek to Syabru Besi** (1420m) from Briddim (approx 4 – 5 hours). As we return to Syabru Besi, we trek along the Bhoté Kosi river to the north on one side of the valley then return on the other, passing through crops of paddy and corn. As this is the last camping night with all porters present, appreciation in the form of tips may be expressed at this time to our staff that make the trip such an enjoyable adventure.

**Day 11 - Return to Kathmandu** (1330m) from Syabru Besi, (approx 6 – 7 hours drive) with the remainder of the day to spend at your leisure, before joining again for an evening meal.

**Day 12 – Journey formally concludes** after breakfast with transportation to the airport, unless other arrangements have been made.

## **Tamang People**

The Tamang people are among the many ethnic groups of Nepal and are believed to have migrated from Tibet. They reside mainly in the high hills north of Kathmandu and, due to the lack of irrigation at higher altitudes, their crops are often limited to corn, millet, wheat, barley, and potatoes. They often supplement their farming income with manual labour.

The Tamangs have their own language, which they speak among themselves. Some older residents in isolated communities never learn to speak Nepali.

Tamangs are Lama Buddhists, as are most upper Himalayan peoples. They have *gompas* (monasteries) in every sizeable village. And like most of Nepal's people, the Tamangs retain *jhankris* (shamans) in addition to their lamas (*priests*). These *jhankris* perform certain rites such as trances and sacrifices to alleviate problems or assure good fortune.

According to the census of 2001, there are 1,282,304 Tamang people, or 5.6% of the total population of the country. The Tamang language occupies fifth place in the country in terms of the number of people speaking among the government recognized national languages, and the first place among the Tibeto-Burman languages.