

KEEP WALKING - NEPAL

LANGTANG VALLEY TRAIL

- SEE WEBSITE FOR DATES -



After sightseeing in Kathmandu, we leave on this week-long trekking journey to experience the warmth of the Tamang people and the splendour of their homelands. A 6 - 7 hour drive to Syabru Besi through the Trishuli Valley with its villages, river and mountain scenery, provides our introduction to this culturally rich region steeped in Tibetan tradition. Staying in comfortable lodges each night, we trek firstly to Rimche then Gora Tabela, with wildlife-filled forests, waterfalls, and glimpses of distant mountain peaks en-route. Moving more easily now along a high alpine valley with our first close-up views of snow-capped peaks, we reach the rural village of Langtang with its hard-working farming population. Then on through yak pastures to the mysterious and remote gomba at Kyanjing, which nestles in a bowl surrounded by huge snowy peaks. A sightseeing day at Kyanjing may appeal, with the option of a side trek towards Langshisha Kharka for glimpses of the remote upper Langtang valley. Our return journey starts gently downhill to Lama Hotel with lunch at Gora Tabela and, the following (final) day, continues down the side of Langtang valley to the lower altitudes of Syabru Besi.

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 Tshering Sherpa

Family business owner / manager

Trip Summary

- Day 1 – arrive Kathmandu: meet-and-greet
- Day 2 –guided tour of Kathmandu and surrounds
- Day 3 –drive to Syabru Besi (approx 6 – 7 hrs)
- Day 4 – trek to Rimche (approx 6 – 7 hours)
- Day 5 – trek to Gora Tabela (approx 4 – 5 hrs)
- Day 6 – trek to Langtang (approx 4 to 5 hrs)
- Day 7 – trek to Kyanjing (approx 3 – 4 hrs)
- Day 8 – rest & explore, or side trek towards Langshisha Kharka
- Day 9 – trek to Lama Hotel (approx 6 – 7 hrs)
- Day 10 - return trek to Syabrubesi (approx 6 – 7 hrs)
- Day 11 - return drive to Kathmandu (approx 6 – 7 hrs)
- Day 12 - trip concludes after breakfast

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\$1975 (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



7 day Lodge based trek.

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

CONTACT US

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DAILY MOVEMENTS

LANGTANG VALLEY TRAIL



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 the Pashupatinath Hindu 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 (1460m) from Kathmandu (6 – 7 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. Various villages of interest and picturesque landscapes are viewed as our journey continues. Timing for the drive depends mainly on the condition of unsealed sections of road subjected to the timing of the monsoonal season.

Day 4 - Trek to Rimche (2455m) from Syabru Besi (approx 6 - 7 hours). Our ascent commences eastwards through Bamboo Forest and along the banks of the Langtang Khola. Passing through rhododendron and alpine forests, we are on the lookout for langur monkeys and the wide variety of birdlife in residence. In clear weather, we will have our first glimpses of snow-covered peaks.

Day 5 – Trek to Gora Tabela (2972m) from Rimche (approx 4 – 5 hours). Moving now through tangled jungle with an abundance of waterfalls, we commence our trek along the Langtang Valley, with brief views of Gora Tabela peak

Day 6 - Trek to Langang (3430m) from Gora Tabela (approx 4 – 5 hours). Moving more easily now along a high alpine valley we have our first close-up views of snow covered peaks. On the approach to Langtang, headquarters for Langtang National Park, fluttering prayer-flags, Mani stone walks and yaks may be seen.

Day 7 - Trek to Kyanjing Gompa (3870m) from Langtang (approx 3 – 4 hours). A gradual climb to Sindum and Yamphy, crossing the Laja Khola river: then a steady climb to a moraine viewpoint where we can view our day's destination and the iceflow from Langtang Lirung and Kinschung before continuing to our lodge for the night.

Day 8 – Rest day at Kyanjing to explore the local area or exercise the option of a side trek towards Langshisha Kharka for glimpses of the remote upper Langtang valley.

Day 9 – Trek to Lama Hotel (2465m) from Kyanjing (approx 6 – 7 hours). Today we descend through the rhododendron forest to Lama Hotel in the village of Changtang, with lunch at Gora Tabela en-route

Day 10 - Trek to Syabrubesi (1460m) from Lama Hotel (approx 6-7 hours). Our final descent to well-deserved comfortable lodge accommodation. It is our tradition to share the evening meal with our leader, assistant leaders and Sherpa bearers

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.