Tamang Heritage Trail Langtang - Gosainkunda - Helambu Trekking

> Tamang Heritage Trail - Langtang - Gosainkunda - Helambu Circuit Trek is one of the longest, most challenging yet equally rewarding treks in Langtang region. The trail climbs up to Kyangjing Gompa via Langtang Village, then heads towards Gosainkunda Lake at an altitude of 4460m and finally dropping down to Helambu valley.

The Tamang Heritage Trail - Langtang - Gosainkunda - Helambu Circuit Trek is one of the longest, most arduous, yet equally rewarding treks in the Langtang region. The trail climbs to Kyangjing Gompa via Langtang Village, then descends to Gosainkunda Lake at an elevation of 4460m before dropping down to Helambu valley. The trekking initially follows the Tamang Heritage trail passing through the towns of Goljung, Gatlang, Chilime, Thuman, and Briddim before pairing the main Langtang trail to Gosainkunda Lake.

The Tamang Heritage Trail portion includes spectacular views of Langtang and Langtang Ri, magnificently painted monasteries and residences and Tibetan Buddhist village of Briddim.You can enjoy local cuisines here, such as plain rice, Tibetan bread, Syakpa (Sherpa stew), potato, Tibetan tea, and Briddim wine. From Briddim you will head to Lama Hotel, en-route visiting Sin-Gompa/Chandanbari, from where beautiful views of Langtang, Ganesh Himal and Manaslu ranges are visible. From here, it is only a day's trek to Gosainkunda, a holy glacial lake revered by Buddhists and Hindus alike. During the full moon in August, pilgrims go here to observe the Janai Purnima festival, as well as to watch Shamans from the Tamang group perform tantric dances and summon gods with holy prayers.

The big challenge here is traversing Lauribina Pass (4610m), one of the highest crossings in the Langtang region, followed by a descent to Sundarijal via Kutumsang or Melamchi market via Sermathang.

The entire trail falls within Langtang National Park, Nepal's second oldest protected region, which is home to Red Panda, Snow Leopard, and Himalayan Black Bear. In fact, much of the walk takes you through pine, juniper, and rhododendron forests, as well as villages inhabited by the Tamang/Tibetan and Hyolmo Sherpa communities.

Duration: 22 days

Price: $2090

Rating: 4 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

Quick Facts

Trekking region : Langtang

Total length of this trip: 21 / 22 days in Nepal

Trek : 17/18 days including travel days KTM to KTM

Starting point of trek: Syabru Bensi

Ending point of trek: Sundarijal or Melamchi Pul Bazaar

Trek distance: Approx. 151 KM

Best season to trek: All season except December to February

Attractions: Mountain, landscape, remote villages, people

Mode of transportation : Public Bus / Private Transport

Himalayan sights: Langtang, Ganesh Himal, Jugal, and Rolwaling Himal ranges.

Accommodation: Hotel & local loges

Trekking Grade: Moderate

Highest access of the trek: Lauribina La (pass) at 4610m

Culture & races: Tibetan influenced Tamang Culture & races

Itinerary:

Day 1: Arrival in Kathmandu (1350m) O/N HOTEL (D)

On arrival in Kathmandu Airport, clear custom and apply Nepal Visa (if required, USD30 + passport photo). Meet our company representative with placard displaying your name and transfer to hotel in Kathmandu. If there is enough time in the afternoon, you can explore Thamel or surrounding sites. Briefing about the program introduce with the Guide and evening welcome dinner.

Day 2: Cultural Sightseeing around Kathmandu city & Trekking preparation (B

Today you will have a morning guided tour of two world heritage monuments, namely Bouddhanath and Pashupatinath. Bouddhanath is one of the most popular and biggest Buddhist stupas in the world, a magnet for Tibetan Buddhism. Not far away you will visit one of the most holy and venerated Hindu temple of Pashupatinath. The golden-roofed pagoda-style temple hosts numerous monuments, cremation site, a deer and monkey park and a eastern classical music center.

Optional Trip: Mountain Flight in the morning which start from 6:40 to till 7:40. The flight offers you a bird's eye view of magnificent landscape and Himalayan peaks including Mt. Everest.

Day 3: Drive from Kathmandu- Dhunche - Syabru Beshi (1503m / 9 hrs by Bus or 6 hours by Jeep) O/N Local Lodge (BLD)

The drive from Kathmandu to Syabrubesi takes about 9 hrs by public bus and 6 hrs by private jeep, heading towards north of Kathmandu. You will pass through scenic highway along Trishuli river with occasional glimpses Manaslu, Ganesh Himal and Langtang peaks until you reach Dhunche, the district headquarters of Rasuwa district. From here it is another 45 minutes winding drive to Syabrubesi through muddy road. Stay overnight in local lodge at Syabru Bensi

Day 4: Trek from Syabrubesi - Goljung (1960m) then to Gatlang (2240m, approx. 13KM - 5/6 hrs) - O/N Local Lodge (BLD)

Today your trekking begins as the first section of the trail from Syabrubesi to Goljung (1960m) is short and easy ascent. Goljung is itself a view point for catching beautiful Langtang peaks. Another 3 hours trek from Goljung will reach you to Gatlang, a dense Tamang village among terraced fields, where you can visit local monastery and observe Tibetan-influenced Tamang culture. You will have the option to hike to beautiful Parbati Kunda (Lake). Stay overnight in local lodge at Gatlang.

Day 5: Gatlang - Tatopani (2607m, approx. 16KM - 6/7 hrs) - O/N Local Lodge (BLD)

After early breakfast, you will begin your trek towards Tatopani. Much of the trail passes through forests of pine while enjoying beautiful views of Langtang and Ganesh Himal ranges. Until recently Tatopani was a famous destination for its natural hot spring. National and international travelers in large numbers used to visit Tatopani to take a bath/dip in the spring with a belief to receive natural treatment. However the spring recently dried up as a result of the April 2015 earthquake that had badly struck Langtang region. Overnight stay at local lodge in Tatopani.

Day 6: Tatopani - Nagthali (3300m) and then to Thuman (2338m, approx. 10KM - 5/6hrs) - O/N Local Lodge (BLD)

The trek ahead of Nagthali climbs up open grassland where romantically sits a Buddhist monastery. It is quite natural to come upon wild animals such as monkeys and deer en route along with panoramic view of Langtang Himal. You will briefly stop at Nagthali, which is a popular meditation center for the local monks and Lamas. Nagthali undoubtedly provides the best viewpoint on the entire trail offering breathtaking views of Langtang to the southeast and Sanjen Himal of Tibet to the north. After lunch in Nagthali, continue trek to Thuman for two hours. Thuman is a culturally rich Tibetan-influenced Tamang village known for its Shamanic tradition. Stay overnight in lodge at Thuman.

Day 7: Thuman - Briddim (2229m, approx. 11KM - 6/7hrs) - O/N Local Lodge (BLD)

The trail from Thuman to Briddim is bit rough involving 1 hr steep descent to Bhote Koshi River (originating in Tibet) followed by a continuous ascent until you reach Briddim. En route you will cross Lingling village only stopping for lunch at Pelka village. There is another 2 hrs gradual uphill trek before you reach Briddim. Briddim is a Tibetan influence Tamang village with rich cultural tradition and hospitality. The village lies in the lap of Langtang Himal thus offering breathtaking views of Langtang Himal ranges. Stay overnight at community lodge or tented camp in Briddim.

Day 8: Briddim - Khamjing - Sherpa Gaun - Rimche - Lama Hotel (2450m, approx. 12 KM - 5/6 hours) - O/N Local Lodge (BLD)

Today your trekking starts from Syabru Bensi after breakfast. The trail follows the Langtang Khola with green cliffs on the foreground. It will take an hour of gradual ascent to reach Bamboo village (1850m). All around you are forest of pine, spruce and the blooming rhododendrons which remains a constant till Lama hotel via Rimche. Lama Hotel is a popular stop over on this route that consists of several tea house/lodges.

Day 9: Lama Hotel - Langtang Village (3430m, approx. 16KM - 6/7hrs) - O/N Local Lodge (BLD)

Today you will leave Lama Hotel and begin to climb further up. The trail follows the forest of oaks, pine and rhododendron before you cross a wooden bridge which opens into meadow called Ghora Tabela at 2992m. As the name suggests, Ghora Tabela once used to be a resting place for those travelling with horses. The views of villages, waterfalls and sound of water mills along the route will be enchanting. Langtang Village (3430m) was completely destroyed by April 2015 earthquake except for one house. The trail has again been opened for trekkers and there are several lodges being rebuilt in traditional style. Inhabited by Tamang ethnic group

who follow rich Buddhist culture, the village affords beautiful panorama of Langtang ranges.

Day 10: Langtang village - Kyangjing Gompa (3870m, approx. 8KM - 4/5hrs) - O/N Local Lodge (BLD)

The trek from Langtang Village to Kyangjing Gompa is a shorter one that takes about 4 hours. The trail passes the village of Mundu (3442m) and several wooden bridges and Chhortens including the largest mani wall. The latter part of the trail involves walking through moraines before finally reaching Kyangjing Gompa. Kyangjing Gompa is the biggest Buddhist temple in Langtang region and is a perfect place to watch the magnificent peaks of Mt Ganchempo, Kimshung, Langtang Lirung (7246m), Genjempol, Kyangjing RI (4750m.), Tserko RI (5000m), Ganja La (5160m), Langshisa- Ri (6427m), Dorje Lhakpa (6430m), Naya Kang (5844m) and Yala peak (5500m).

In the afternoon you can take a stroll to Yak Cheese factory to try some Himalayan cheese, yogurts and other dairy items.

Day 11: Acclimatization day / Exploration day in Kyangjing 6/7 hrs - O/N Local Lodge (BLD)

This is the day for acclimatization and rest at Kyangjing Gompa. You can relax at the comfort of your lodge and stroll up to the nearby moraines to view Langtang Lirung Glaciers. If you would like more adventure you can climb Kyangjing Ri (4350m) or Tserko Ri (4984m) peaks to enjoy superb views of Langtang Lirung, Langtang range, Kinshung, and Yansa Tsenji or trek to Langshisa Kharka (4285m). Return to Kyangjing Gompa for overnight rest.

Day 12: Trek back from Kyangjing Gompa to Lama Hotel (2450m, approx. 20KM - 7/8 hours) - O/N Local Lodge (BLD)

Today you will return to Lama Hotel tracing back the same trail you came up. As you descend from Kyangjing Gompa, the trek is fairly easy as it passes through lush green vegetation with occasional murmuring sound of Langtang Khola. On the way, you will walk past Langtang Village and Ghora Tabela where you will have a quick lunch. It will take another 3 hrs descent to reach Lama Hotel.

Day 13: Lama Hotel - Thulo Syabru (2230m, approx. 10KM - 5/6 hrs) - O/N Local Lodge (BLD)

Continue to retrace your steps until Lama Hotel and fork towards Thulo Syabru. You will enjoy continuous backdrop views of Ganesh Himal (7110m) as you descend through pine and rhododendron forests.

Day 14: Thulo Syabru - Sing Gompa (3330m, approx. 10KM - 5/6 hrs) - O/N Local Lodge (BLD)

After early breakfast, you head to Dhursagyang (2735m) on a gradual steep path follow the forests of fir, pine, and rhododendron. The trail will level once you reach Phoparang Danda at 3190m that affords beautiful views of Langtang Himal and Ganesh Himal. It will take another 2 hrs to reach the Sing Gompa. Sing Gompa is a small village with Phulung monastery and cheese factory. A 10-minute stroll from here will reach you to Chandan Bari that offers beautiful glimpses of Langtang ranges.

Day 15: Sing Gompa - Gosainkunda Lake (4380m, approx. 12KM - 6/7hrs) - O/N Local Lodge (BLD)

Today you will visit the major highlight of this trek: Gosainkunda Lake. From Sing Gompa, the trail dramatically ascends up a ridge, past Cholangpati and continues to move uphill. You will be greeted by magnificent views of Ganesh Himal, Manaslu and Langtang Lirung as you enter into Alpine region. Gosainkunda Lake is one of the highest glacial lakes in the Himalayas and a holy lake that attracts a jamboree of pilgrims during the festival of Janai Purnima, or the full moon of August. Based on Hindu mythology, there are 108 holy lakes in the area including Gosainkunda lake (biggest one), Saraswatikunda and Bhairabkunda. Gosainkunda is considered as the main source of Trishuli River, which has become popular for rafting and kayaking.

Day 16: Gosainkunda Lake to Ghopte (3440m, approx. 15KM - 7/8hrs) - O/N Local Lodge (BLD)

The trail from Gosainkunda up follows moraine strewn rugged trail until you reach Lauribina La (pass) at 4610m. Lauribina La (pass) is the highest point along this trek. Crossing the pass is challenging yet equally rewarding offering you breathtaking views of Annapurna Massif, Ganesh Himal, Manaslu, Langtang Lirung (7234 m), Langtang Ri (7205 m) and Gangchhempo. The trail from the pass goes downhill past small lakes and moraines all the way to Phedi (3740m) and from there to Ghopte.

Day 17: Ghopte - Thadepati (3510m) - Kutumsang (2468m, approx. 16KM - 7/8 hrs) - O/N Local Lodge (BLD)

The trail today makes further descent through streams and fir and oak forests up to the Tharepati (3510m). Tharepati is a small village perched on a ridge that looks across to beautiful Langtang and Dorje Lakpa Himalayan ranges. From here, it will take another 3 hrs passing through Mangen Goth to reach Kutumsang, a big settlement inhabited by Sherpa community.

Day 18: Kutumsang - Chisapani (2200m, approx. 20KM - 7/8hrs) - O/N Local Lodge (BLD)

The trail ahead of Kutumsang is a gradual descent as you pass through forests of oak and rhododendron. En route you will briefly stop over at villages of Gulbhanjyang, Chipling and Patibhanjyang (1860m). As you move toward Chisapani the trail makes a slight climb to a hill that provides excellent views of Himalayan range from Mt. Manaslu to Mt. Everest and beautiful sunrise.

Day 19: Chisapani - Sundarijal (2195m, 12KM - 4-5hrs trek and 1 hr drive back to KTM) - O/N Hotel in KTM (BL)

Today is the final day of your trekking. Following breakfast, you make a slow downhill hike all the way to Sundarijal. Midway you would enter Shivapuri National Park, the newest national park in Nepal, via Burlang pass. Once in Sundarijal, a private vehicle will drive you back to Kathmandu.

Day 20: Sight Seeing Bhaktapur or Patan or Kathmandu for 4 hrs (B)

Day 21: Fly back home

Final time for shopping or personal activities till departure time. You will realize there is much more to do in Nepal. If you have specific requests to see things not included, wish to contact professional peers in an informal setting, or pursue other ventures, let us know and we can easily add extra days to this itinerary to meet your needs. Late morning transfer to the airport for your onward flight or continuing on with other explorations in Nepal.

Alternative Return Route from Thadepati

When you drop down to Thadepati from Ghopte, you will have two optional return routes to choose from. The first (mentioned as above) goes via Kutumsang and Chisapani and exits out of Sundarijal. The other one (given below) descends down to Melamchi Pul Bazaar via Melamchi Gaon and Tarkeghyang.

Day 17: Ghopte to Thadepati and then follow the route to Melamchi Gaon (2560m, approx. 12KM - 4/5hrs) - O/N Local Lodge (BLD)

The trail from Ghopte towards Thadepati goes downhill to Helambu Valley passing through pine and rhododendron forest. Enjoy glimpses of

Jugal Himal and Number Himal range en route. Further ahead you cross the Melamchi River on a suspension bridge to reach Melamchi Gaon, a beautiful village of Sherpa community. Overnight at lodge in Melamchi Gaon.

Day 18: Melamchi Gaon - Tarkeghyang (2590m, approx. 8KM - 5/6hrs) - O/N Local Lodge (BLD)

The trail continues to follow the green forests occasionally passing through Chhhortens and small streams. Along the trail, you will capture splendid views of Mt. Sishapangma and Langtang. The trail slowly climbs to Tarkeghyang, another Sherpa village that features cobbled streets adorned by beautifully decorated clean houses and 18th-century Buddhist monastery.

Day 19: Tarkeghyang - Sermathang (2610m, approx. 12KM - 4/5hrs) - O/N Local Lodge (BLD)

Enjoy trekking through green forests rich with wildlife on the trail beyond Tarkeghyang. You will stop over briefly between the villages of Parachin and Gangyul before reaching Sermathang. Sermathang is yet another beautiful Sherpa village with ancient monasteries, Mani walls, and Chorten. Additionally, the village offers splendid views off Ganesh, Jugal, Langtang and Rolwaling Himal ranges.

Day 20: Sermathang - Melamchi Pul Bazaar (880m, 16KM - 5/6hrs trek and 4/5 hrs drives to KTM) - O/N Hotel in KTM (BL)

Today you will be back in Kathmandu after a short trek from Sermathang to Melamchi Pul Bazaar. The short hike will be a pleasant walk through farms and forested hills. Once you reach Melamchi Pul Bazaar, you will drive back to Kathmandu on a private jeep.

Day 21: Sight Seeing Bhaktapur or Patan or Kathmandu for 4 hrs (B)

Day 22: Fly back home

As per your departure schedule, an official representative of Adventure Thirdpole Treks will accompany you to Tribhuvan International Airport (TIA) and bid farewell.

Highlights:

- Visit earthquake-stricken Langtang Village and Kyangjing Gompa.
- Enjoy stunning views of Langtang, Ganesh, Jugal, and Rolwaling Himal.
- Trek through Langtang National Park
- Visit Gosainkunda Lake and Parbati Kunda, then cross Lauribina La (pass).
- Traditional Tamang/Tibetan & Hyolmo Sherpa culture
- Ancient Gombas / monastery and maniwalls
- Homestay experience

Other Features:

- Trekking region : Langtang
- Total length of this trip: 21 / 22 days in Nepal
- Trek : 17/18 days including travel days KTM to KTM
- Starting point of trek: Syabru Bensi
- Ending point of trek: Sundarijal or Melamchi Pul Bazaar
- Trek distance: Approx. 151 KM
- Best season to trek: All season except December to February
- Attractions: Mountain, landscape, remote villages, people
- Mode of transportation : Public Bus / Private Transport
- Himalayan sights: Langtang, Ganesh Himal, Jugal, and Rolwaling Himal ranges.
- Accommodation: Hotel & local loges
- Trekking Grade: Moderate
- Highest access of the trek: Lauribina La (pass) at 4610m
- Culture & races: Tibetan influenced Tamang Culture & races