Langtang Tamang Heritage Trail Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,415 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Permit and Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparations and permit processing for the Langtang National Park and Tamang Heritage Trail. You may spend the day exploring Kathmandu’s cultural sites, shopping for trekking essentials in Thamel, or relaxing before your Himalayan adventure begins. Your guide will provide a final briefing regarding trail conditions, accommodation, and safety information.

Day 3 : Drive from Kathmandu to Syabrubesi (1,460m)

Altitude: 1,400m – 1,460m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Your adventure begins with a scenic drive from Kathmandu to the small town of Syabrubesi, the gateway to both Langtang and the Tamang Heritage Trail. The road winds through picturesque hills, terraced farmlands, and river valleys. Along the way, you’ll pass rural villages and enjoy your first glimpses of Himalayan ridgelines.

Day 4 : Trek from Syabrubesi to Gatlang (2,238m)

Altitude: 1,460m – 2,238m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trek begins with a steep uphill ascent, passing through terraced fields, oak forests, and Tamang settlements. The trail is peaceful and scenic, offering views of the Ganesh Himal range. Arrive at Gatlang, a beautifully preserved Tamang village with traditional stone houses and vibrant local culture.

Day 5 : Trek to Tatopani (2,607m)

Altitude: 2,238m – 2,607m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Today's trail descends to the Bhotekoshi River before climbing steadily past mani walls, prayer flags, and alpine vegetation. Reach Tatopani, famous for its natural hot springs and peaceful mountain setting. If operational, you may enjoy a relaxing soak in the hot springs after your trek.

Day 6 : Trek to Thuman via Nagthali Viewpoint (2,338m)

Altitude: 2,607m – 3,165m – 2,338m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Start with an uphill hike to Nagthali Ghyang, a peaceful meditation retreat offering panoramic views of Langtang Lirung, Ganesh Himal, Shishapangma, and the Tibetan plateau on clear days. After enjoying the spectacular scenery, descend through pine and rhododendron forest to Thuman, a culturally rich village strongly influenced by Tibetan traditions.

Day 7 : Trek to Briddim (2,229m)

Altitude: 2,338m – 2,229m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A relatively gentle trekking day leads through peaceful forests and rolling ridges to Briddim, a model Tamang village known for its community-run homestays. This is a wonderful opportunity to experience Tamang family life, traditional food, and warm local hospitality.

Day 8 : Trek to Lama Hotel (2,470m)

Altitude: 2,229m – 2,470m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Today you join the main Langtang Valley trail. The route descends through dense forest, crosses the Langtang Khola, and gradually climbs along the river valley. The forests are rich in birdlife and wildlife, including langurs and occasional red panda sightings. Lama Hotel offers a peaceful overnight stop surrounded by forest.

Day 9 : Trek to Langtang Village (3,430m)

Altitude: 2,470m – 3,430m

Walk: 5–6 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Continue ascending through forests and yak pastures. After passing Ghora Tabela, the valley opens into dramatic alpine scenery with beautiful mountain views. Arrive at the rebuilt Langtang Village, which stands as a symbol of resilience following the 2015 earthquake.

Day 10 : Trek to Kyanjin Gompa (3,870m)

Altitude: 3,430m – 3,870m

Walk: 3–4 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A shorter trekking day brings you to Kyanjin Gompa, the spiritual and scenic center of the Langtang Valley. Visit the ancient monastery and nearby yak cheese factory while enjoying magnificent views of Langtang Lirung and surrounding glaciers.

Day 11 : Acclimatization Hike to Kyanjin Ri or Tserko Ri (3,870m)

Altitude: 3,870m – 4,773m / 4,984m – 3,870m

Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Hike Duration: 4–6 hours

Choose an optional acclimatization hike to either Kyanjin Ri or Tserko Ri, both offering breathtaking panoramic views of snow-capped peaks, glaciers, and the upper Langtang Valley. Tserko Ri is more challenging but highly rewarding for experienced hikers. Return to Kyanjin Gompa for overnight rest.

Day 12 : Trek to Lama Hotel (2,470m)

Altitude: 3,870m – 2,470m

Walk: 6–7 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Retrace your steps along the Langtang Khola, descending through alpine meadows, forests, and mountain settlements. The downhill journey allows more time to appreciate the beautiful landscapes and peaceful surroundings.

Day 13 : Trek to Syabrubesi (1,460m)

Altitude: 2,470m – 1,460m

Walk: 4–5 hours · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Final day of trekking. Continue descending through woodlands and charming Tamang villages back to Syabrubesi. Celebrate the successful completion of your Tamang Heritage and Langtang Valley adventure.

Day 14 : Drive Back to Kathmandu (1,400m)

Altitude: 1,460m – 1,400m

Stay: Hotel · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Drive Duration: 7–8 hours

Return to Kathmandu by public bus or private jeep, reflecting on your immersive journey through the cultural richness and stunning scenery of Langtang and the Tamang Heritage Trail.

Day 15 : Final Departure from Kathmandu

Altitude: 1,400m – 1,400m

Visit: Nepal · Meals: Breakfast

Transfer Duration: 30–45 minutes

Today marks the end of your journey in Nepal. After breakfast, our team from Nord Extreme will transfer you to Tribhuvan International Airport for your onward flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 2 · Trek Permit and Preparation Day in Kathmandu · 1,400 m · day 22°C / night 13°C
- Day 3 · Drive from Kathmandu to Syabrubesi · 1,400 m · day 22°C / night 13°C
- Day 4 · Trek from Syabrubesi to Gatlang · 1,460 m · day 22°C / night 13°C
- Day 5 · Trek to Tatopani · 2,238 m · day 18°C / night 8°C
- Day 6 · Trek to Thuman via Nagthali Viewpoint · 2,607 m · day 16°C / night 5°C
- Day 7 · Trek to Briddim · 2,338 m · day 17°C / night 7°C
- Day 8 · Trek to Lama Hotel · 2,229 m · day 18°C / night 8°C
- Day 9 · Trek to Langtang Village · 2,470 m · day 17°C / night 6°C
- Day 10 · Trek to Kyanjin Gompa · 3,430 m · day 12°C / night 0°C
- Day 11 · Acclimatization Hike to Kyanjin Ri or Tserko Ri · 3,870 m · day 10°C / night -3°C
- Day 12 · Trek to Lama Hotel · 3,870 m · day 10°C / night -3°C
- Day 13 · Trek to Syabrubesi · 2,470 m · day 17°C / night 6°C
- Day 14 · Drive Back to Kathmandu · 1,460 m · day 22°C / night 13°C
- Day 15 · Final Departure from Kathmandu · 1,400 m · day 22°C / night 13°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Langtang National Park entry permits.
- Localgovrnment entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/langtang-tamang-heritage-trail-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com