DESTINATION · TAMANG HERITAGE TRAIL

Tamang Heritage Trail and Langtang Valley *Trek*

13 Days

Starts at	Ends at	Season
—	—	—

OVERVIEW

The trip

The Tamang Heritage Trail and Langtang Valley trek is a thirteen-day journey that pairs the Tamang cultural loop north of Syabrubesi with the classic climb up the Langtang valley to Kyanjin Gompa. It opens with the drive from Kathmandu to Syabrubesi at 1,460 metres, then winds through Gatlang, the Tatopani hot springs, the Nagthali viewpoint and the villages of Thuman and Briddim before turning up the glacial Langtang valley past Lama Hotel and Langtang village to Kyanjin Gompa at 3,870 metres. An acclimatisation day there allows a climb to Kyanjin Ri at 4,350 metres, with the longer option of Tserko Ri at 4,984 metres, for a panorama of Langtang Lirung and its glaciers. Graded moderate and walked on teahouse and homestay trails throughout, it joins the region's richest culture to its finest high valley in a single trek.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 4,350 m at Kyanjin Ri
- Difficulty: Moderate
- Best season: September to May
- Walking: about 5 to 7 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 — **Drive from Kathmandu to Syabrubesi**

- Scenic drive north along the Trishuli and Bhote Koshi rivers
- Enter the Langtang region at Syabrubesi (1,460 m)
- Settle into the Tamang trailhead village

DAY 2 — **Trek to Gatlang**

- Climb through forest and terraces to the Tamang village of Gatlang (2,238 m)
- Visit the Bon monastery, Pervalkhunda lake and the village cheese making
- Wide views across the Ganjang valley

3 — **Trek to Tatopani**

- Trek via Thangbuchet and the Chilime river to Tatopani (2,607 m)
- Soak in the natural hot springs
- Overnight in a small teahouse settlement

DAY 4 — **Trek to Nagthali**

- Climb steadily to the ridge viewpoint of Nagthali at around 3,165 m
- Panorama of Langtang Lirung and Ganesh Himal
- Overnight for the chance of sunrise over the peaks

5 — **Trek to Thuman**

- Descend through pine forest to the trading village of Thuman (2,338 m)
- Traditional Tamang singing and dancing in the village
- Prayer walls and mani stones along the trail

DAY 6 — **Trek to Briddim**

- Trek via Timure and the Bhote Koshi to Briddim (2,229 m)
- Stay in a community homestay in a horseshoe-shaped Tamang village
- The old salt-trade route toward Tibet lies just up the valley

7 — **Trek to Lama Hotel**

- Rejoin the main Langtang trail and follow the Langtang Khola upstream
- Trek through dense forest to Lama Hotel (2,340 m)
- Langur monkeys and, higher up, red panda habitat

DAY 8 — **Trek to Langtang Village**

- Climb out of the forest into the open glacial valley
- Reach the rebuilt Langtang village (3,430 m)
- Yak pastures, water mills and long mani walls

9 — **Trek to Kyanjin Gompa**

- Short climb past chortens and mani walls to Kyanjin Gompa (3,870 m)
- Visit the monastery and the local cheese factory
- Close views of Langtang Lirung and its glacier

DAY 10 — **Explore Kyanjin Gompa and Climb Kyanjin Ri**

- Acclimatisation day at the head of the valley
- Climb Kyanjin Ri (4,350 m) for a glacier panorama, or the longer Tserko Ri (4,984 m)
- Explore the glacier moraine and yak pastures below the peaks

11 — **Trek to Lama Hotel**

- Descend the valley back through Langtang village
- Long forest descent to Lama Hotel
- Overnight beside the Langtang Khola

DAY 12 — **Trek to Syabrubesi**

- Final descent along the river through forest and farmland
- Trek back to Syabrubesi
- Final overnight stay in the Tamang trailhead village

13 — **Drive to Kathmandu**

- Scenic drive south along the Bhote Koshi and Trishuli river gorges
- Terraced hills, gorges and roadside Tamang villages
- The trek concludes with the mountain drive back to the capital

INCLUSIONS

What's included

Included

- Private jeep, Kathmandu to Syabrubesi and back
- Licensed guide
- Lodge and homestay nights with meals
- Langtang National Park entry
- Rasuwa restricted area permit

Not included

- Lunch on day 13, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

PRICE

$843 / person

1 person	**$1,300** / person
2 people	**$958** / person
3 people	**$843** / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.