



Tamang Heritage Trekking - 12 Days



Trip Facts

Destination	Nepal
Duration	12 Days
Group Size	2-30
Trip Code	DWTTK10
Grade	Moderate
Activity	Langtang Treks
Region	Langtang Region
Max. Altitude	4,773m at Kyangjin Ri
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Kathmandu - Syabrubesi - Kathmandu by Local Transportation.
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Transportation	Approximately 4-6 hr walking

A Leading Himalayan Trekking & Adventure Specialists

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If you want to trek but also explore a whole new traditional lifestyle of the Tibetan Origin Tamang people, this Tamang Heritage Trek will be perfect. Be ready to have...

About the Trip

If you want to trek but also explore a whole new traditional lifestyle of the Tibetan Origin Tamang people, this Tamang Heritage Trek will be perfect. Be ready to have your mind blown with this cultural, interesting and a joyful trek!

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Newly opened trekking destination in the Langtang region
-  Less crowded and the untouched beauty of the region
-  Remarkable views of the mountains
-  Ancient Buddhist monasteries
-  Rare wildlife animals and birds at the Langtang National Park
-  Explore the Kyanjin Gumpa with views of landscapes and mountains, visit to local cheese factory
-  Warm hospitality of the Tamang people with an exclusive and a distinctive cultures and customs

What is Included?

- ✔ Both way transportation service between Kathmandu and Syabrubesi by local bus.
- ✔ All Standard Meals (12 Lunches, 11 Dinners and 12 Breakfasts) during the trek.
- ✔ Tea House/ Lodge accommodation during trek ((Twin Sharing Room) - 11 Nights
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1porter).
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All Government and Local Taxes
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek.

What is Excluded?

- ⊗ International Flight.
- ⊗ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan Internationa Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊗ Excess baggage charges (Limit is 9kg per Person)
- ⊗ Accomodation all meals (Breakfast, Lunch and Dinner) in Kathmandu.
- ⊗ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊗ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, bettery re-charge fee extra porters etc.
- ⊗ Personal clothing and gear.
- ⊗ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊗ Tips for guide and porters (Recommended by the Culture)
- ⊗ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary

modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.

☐ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

Overview

The **Tamang Heritage Trek is a newly opened trekking** route in the popular Lantang region. It was developed by the Tourism for Rural Poverty Alleviation Program (RPAP) and is now an off beaten track that highlights an ancient and a unique lifestyle of Tamangs with a mixture of the beautiful scenery of the nature.

This trek offers us the chance to closely explore the rough history of the Tibetan ancestors and their lifestyle. The Tamang people are mostly engrossed in their profession of agriculture and trading during the season time. The trail we trek to their settlement comprises of blooming rhododendron forests, green meadow lands, spotting of a local wildlife, majestic waterfalls and sacred lakes like Gosai Kunda, Bhairav Kunda and many more.

The journey will begin with a drive to **Syabrubensi and then trekking to Gatlang. Gatlang** is a set on high on a hillside among terraced fields of a Tamang settlement. We can visit the Tamang Buddhist monastery and the beautiful and sacred Pavati Kunda Lake. As we head to Tatopani, we will be crossing the healing bath and spa in the water of the natural spring at Tatopani. Further trekking to Thuman, this place is well known for its Shamanic performances and the breathtaking view of Langtang region. Yet again we arrive at Briddim, a small cultural Tamang community. Additionally, we may visit the local monasteries of Dukchu Gompa that is sacred because of Guru Rinpoche. Soon after, we will follow the classic Langtang valley trek from Briddim village via the Kyanjin Gompa. We will be acclimatizing at this place, exploring the monastery and the local cheese factory. For an extra reward, we will be trekking to Tserko Ri (5,450m) the highest point of the trek to get an astonishing view of the Langtang ranges. From Kyanjin Gompa, we will descend back to Syabrubensi, catching the bus back to Kathmandu.

The Tamang Heritage Trek is indeed a pleasant trek, full of interesting facts and sights about Tamang people and their local lifestyles. Not only will you be exploring their culture, but also getting splendid views of the mountains are and absolute reward. The Discovery World Trekking also has more treks in the Langtang Region as exciting as this.

Day to Day Itinerary

Day 1

Drive from Kathmandu (1400 m / 4,393 ft) to Syabrubesi (1,503 m / 4,655 ft)

Itinerary Facts

Driving hours (122 km/75.8 miles) –7- 9 hrs.

The anticipated journey begins with a drive to Syabrubesi which will take about seven to eight hours. You head out of Kathmandu to the highway, slowly heading towards the north along the main valley road. Coming across many beautiful views of the river, terraced fields, small villages and snowcapped mountains if the sky is clear, the drive will indeed be pleasant. The road takes you to a little busy town called Dhunche. While passing along the road at the bank of Trishuli river, you will catch glimpse of Ganesh Himal, terraces and green hills. Passing through Dhunche will make you feel as though you are heading to deep land. Then continuing the drive, we will arrive at Syabrubesi with many things to explore and a riverside hot spring.



Overnight at "Hotel Trekkers Inn" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Syabrubesi (1,503 m / 4,655 ft) to Gatlang (2,240m/7,355 ft)

Itinerary Facts

Trek Distance 12.1 km / 7.4 miles

Highest Altitude 2,240m/7,355 ft

Trek Duration 6 hrs

We will kick off the first of day trekking after an early morning breakfast. Trekking on steep trails ascents, we will reach Ronga Bhanjyang which takes about three hours. On the route, we will stop by at the viewpoint that gives us the fantastic view of Ganesh Himal, Gosaikunda range and the Goljung valley. Then the trail descends to Goljung valley taking about an hour. We will stop here for lunch and a short break. For the next three hours, we will trek further reaching a beautiful and a traditional Tamang village. Gatlang is an idyllic settlement inhabited mainly by people of the Tamang ethnicity. You can visit the Parbati Kund which offers rich biodiversity for the nature lovers. You can also visit the ancient old monastery.



Overnight in Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Gatlang (2,240m/7,355 ft) to Tatopani (2,610m/8,565ft)

Itinerary Facts

Trek Distance 12.2km/7.6 miles

Highest Altitude 2,610m/8,565ft

Trek Duration 6hrs

We start your trek gentle, descending passing the many Chhortens and Mani wall and through the deep forests until reaching Chilime which takes about 2 and half hours. Then we cross by suspension bridge and climb up passing the terrace until reaching Gonggang village which takes about 1 and half hour. We have lunch here. After lunch, the trail gentle ascends until reaching Tatopani. It takes about 2 hours. On the way, we will be passing by the healing bath and spa in the water of the natural spring at Tatopani. We can take natural Bath in hot spring as it is believed that to take a bath in natural hot spring, washes away all the Pains and aches.



Overnight in Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Tatopani (2,610m/8,565ft) to Thuman (2,340m/7,665ft) via Nagthali (3,170m/10,395 ft)

Itinerary Facts

Trek Distance 9.2km/5.7 miles

Highest Altitude 3,170m/10,395 ft

Trek Duration 6hrs

In the morning after breakfast, we continue through the forests and dense jungles as we slowly begin to gain elevation. The trail is up and down till Brimdang where one monastery is situated on the hill. It takes about 2 hours. After climbing small steep ascents, we will arrive at the Nagthali lodges viewpoint that takes about two hours. We will be having lunch here. We will get a great view of Langtang Lirung (7,227m), Shishapangma (8,013m), Ganesh Himal (7,422m), Tibetan Himal and other snowy peaks. There are small monasteries that we will visit. Then we continue down to Thuman, a Tibetan influenced Tamang village with friendly people who absolutely enjoy singing and dancing.



Overnight in Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Thuman (2,340m/7,665ft) to Briddim (2,230m/7,320ft)

Itinerary Facts

Trek Distance 14 km/8.6 miles

Highest Altitude 2,340m/7,665ft

Trek Duration 5 - 6hrs

The destination for today is across the valley on the other side of the Bhote Koshi river. Today our trail begins with a flatter section in the beginning and then descends to Timure on our way along the old trade route to Tibet and we stop here for lunch. Rasuwaghadi, an ancient fort on the Nepal- Tibet boarder, is just 3 hours walk from Timure. After lunch our trail takes a steep ascent to Briddim, another Tibetan influenced Tamang village where we stay in a local home for a truly unique experience. It offers a Himalayan culture experience in the lodge. Also, we can visit the old and ancient monastery.



Overnight at lodge



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Briddim (2,230m/7,320ft) to Lama Hotel (2,470m/8,103ft)

Itinerary Facts

Highest Altitude 2,470m/8,103ft

Trek Duration 6hrs

From Briddim, we will be trekking to Lama Hotel taking about six hours. We will head back down to the Bhote Koshi valley as we come across fertile jungle, terraced fields and pass through rural settlements with bamboo and birch groves. In this place, we might have the chance to spot rare and local wildlife like the red panda. Afterwards, the trek ascends gently to Rimche (2,400m) through Bamboo which lies at the bank of the Langtang river. Following the trail, we reach the Lama Hotel. The trek today will be pleasantly as we will be walking on only green meadows and fields.



Overnight at "Lama Guest House"



Included meals (Breakfast + Lunch + Dinner)

Day 7

Trek from Lama Hotel (2,470m/8,103ft) to Langtang village (3,430m/11,255ft)

Itinerary Facts

Trek Distance 14.8km/9.1miles

Highest Altitude 3,430 m/11,255 ft

Trek Duration 6hrs

Starting our day with an early morning breakfast, we will trek alongside the river through lush landscape as we climb upward through dense forests. Along the way, we might see the snowy peaks ahead if the weather is favourable. Ultimately the narrow river valley broadens out at Ghora Tabela (3,030m). In this area, there was once a Tibetan resettlement project running, and currently, Ghora Tabela has an army check post that will register our papers and a few nearby lodges. As we trek further we will come across Chyamki village (3,230m); a small settlement. As we walk past chortens, water mills, mani walls and prayer wheels, it means that we are nearing to reach the Langtang village. We continue past prayer wheels driven by flowing water and prayer flags to scenic Langtang, a large settlement of mostly Tamang people with a nearby monastery.



Overnight at "Village View Hotel" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Langtang village (3,430m/11,255ft) to Kyanjin Gomba (3,865m/12,675ft)

Itinerary Facts

Trek Distance 6.8 km/4.2 miles

Highest Altitude 3,865 m/12,675 ft

Trek Duration 3 hrs

After a good cup of tea and breakfast, our journey waits for us. The trek today will be short and easy. We will pass by many small plateaus, big mani walls, yak pastures, small villages and meadows. Since we will be walking towards a higher elevation, we can trek slowly so that our body can acclimatize to the altitude. Soon after, we will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. This is when we reach an ancient monastery the Kyanjin Gomba. Kyanjin Gomba is another wonderful land of Langtang that is surrounded by the Himalayas and we get stunning views of the snow-capped peaks.



Overnight at "Namaste Guest house " with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 9

Exploration Day at Kyanjin Gomba

Today is the day to let our body acclimatize to the high altitude and also explore this beautiful untouched land of Langtang. This area of the valley has so much to offer for trekkers. Since the elevation is high, we will definitely be getting stunning views of the Himalaya ranges. Also, sighting of the glaciers will be seen too. A day full of exploration remains as there is so much to do. We will be visiting the monastery that portrays the religion; Buddhism and we may also get to see the monks do their prayer. Cheese factory would also be another compulsory visit as it is interesting to see. Besides these, we also have optional hikes to Langshisa Kharka and the viewpoint of Tserko Ri (5,450m). This will be the highest point of the trek. Tserko Ri is the best places to see the peaks like Langtang Lirung (7,227m), Langtang II (6,586m) and many more. As the sun begins to set, we will return back to Kyanjin Gomba.



Overnight at "Namaste Guest house " with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Kyanjin Gomba (3,865m/12,675ft) back to Lama Hotel (2,380m)

Itinerary Facts

Trek Distance 21 km/ 13 miles)
Highest Altitude 3,865 m/12,675 ft
Trek Duration 6 hrs

From Kyangjin Gomba, we admire the last glimpse of the beautiful mountains standing with pride and head back down and out of the valley. We retrace the arrival route through Langtang Village and break for lunch at Ghora Tabela where the army check post registers our exit. After the leisurely lunch, we continue down through the dense forests of the river valley to Lama Hotel.

 Overnight at "Lama Guest House"

 Included meals (Breakfast + Lunch + Dinner)

Day 11


Trek from Lama Hotel (2,380m) to Syabrubensi (1,503m/4,655ft)

Itinerary Facts

Trek Distance 11.3 km/ 7 miles
Highest Altitude 2,470 m/8,103 ft
Trek Duration 5 hrs

Today being the final trekking day, we will head to our destination which is Syabrubensi so we can drive back to Kathmandu from there. We will be walking along the Langtang river, heading downwards to the beautiful river valley. Descending down through bamboo and birch forests, we will be seeing an amazing landscape to cross the Langtang and the Bhoté Koshi rivers to Syabrubensi. This being our beginning point of our trekking journey, the next day we will be driving back to Kathmandu.

 Overnight at "Hotel Trekkers Inn" with attached bathroom.

 Included meals (Breakfast + Lunch + Dinner)

Day 12


Drive from Syabrubensi (1,420 m/4,655 ft) to Kathmandu (1400 m / 4,393 ft)

Itinerary Facts

Driving hours (122 km/75.8 miles) 7-9 hrs.

After accomplishing an eventful and an enjoyable trek, we will take our respective vehicle and drive from Syabrubensi to Kathmandu which will take about seven to nine hours. This drive will begin from early morning. During the drive, we will be getting scenic views of the Trishuli river valley as we head through south of the hills. Along the way we will see the terraced farmlands and meadows and hopefully a final glimpse of the snow-capped mountains. Once we arrive at Kathmandu, trekkers will be dropped to their respective hotels.

 Overnight at the hotel

 Included meals (Breakfast + Lunch)

Route Map



Trips Notes

How you'll start your journey towards langtang valley trek?

You will arrive to Nepal, Kathmandu in Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival. The next day we will be traveling to our destination via bus or a local jeep. Our trek begins from Syabrubesi (Gateway to Langtang), after approximately 8/9 hours drive from Kathmandu.

Local Transportation (Kathmandu- Syabrubesi-Kathmandu) is included in package. Private jeep is available at an extra cost.

Don't worry, we'll pick you!

We provide free airport arrival and departure transfer on any flight for **Tamang Heritage Trek package**. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to **your hotel with all comfort possible**.

Accommodation Details During The trek

The Tamang Heritage Trek 12 days is a long trek with 11 nights at a mountain local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people.

Two nights in Kathmandu is required as you would want to rest before and after the trek and is not included in the package. There are excellent range of hotels for all kind of budgets. The accommodation is almost twin sharing basis-bed with mattresses, blanket and pillows. Hot showers will be available at an extra cost. **Discovery World Trekking has good public relation** with local service providers in the Himalaya region.

What about the Meals?

The meal package in this trek is very convenient. Three meal items of **12 breakfasts, 12 lunch and 11 dinner are included in the package**. The meals will be the best selected from the menu of the lodge which will be fresh, hygienic, tasty and nutritious. The menu is a combination of traditional local, Asian and western cuisine. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) etc. at high altitude for health benefit.

Meals in Kathmandu are not included in the packages, although there are variety of Nepalese and international cuisine readily available for you to choose according to our taste.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges except Standard Meals (Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Best Time To Tamang Heritage Trek

The weather is one of the most important factor to look at when deciding to trek to The **Tamang HeritageTrek**. It is best suited to trek during the spring and the autumn. During the winters and monsoon, it becomes difficult to trek due to heavy snowfall, cold temperature, strong winds, storms and slippery trails.

January – February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountain and can result to extreme cold temperature. Though the day time may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time because the trek is challenging itself and the snow would make it more tough.

March – April

This is the best time of the season to trek in the Tamang Heritage Trek. The weather is very favorable through the trek. Stunning views of the Langtang Lirung, Langtang II, Ganesh Himal and many more will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time. On the journey, the bamboo and birch forests will be luscious green and

dense.

May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

July – August

The rainfall hits at its peak during this time. Due to rainfall, it would not be advisable to trek during this season as the difficulty would rise. The trails would be very slippery. As we will be trekking to the Tserko Ri, so avoiding such risks would be advised.

September – October

This is also one of the perfect season for the Tamang Heritage trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the day time and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Tamang Heritage trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

November – December

As winter slowly begins, snow falls begins in the Langtang region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The day time temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold and begins to snow.

The weather in the Mountain region can be unpredictable and the temperature may change quickly from day to night.

Acclimatization

Our **12 days Tamang Heritage Trekking package** spends two to **three nights over 3500m** above the sea level, where there is somehow at the risk of being affected by altitude sickness also called acute mountain sickness. We will be **acclimatizing at Kyanjin Gompa**. We will be exploring various places like the monastery itself, the cheese factory or the optional hikes planned to the viewpoint of Tserko Ri. Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and well -experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be at reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of **water at least 4 liters a day**. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than other.

Trip Grade: Fitness level, Medical and Health

The Tamang Heritage trek is an easy and a rewarding trek. The hiking will be from 3-6 hours a day depending the on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have an experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lungs disease.

Trekking group/single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes in your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers and an assistant guide for a group of 12 or above trekking members.

A typical day on trek

A day on trekking will be rewarding with unique experience providing to trek leisurely with plenty of time to enjoy scenery, take photos and explore the local village. During the trek, you are accompanied by experienced, friendly and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days.

The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member hiking experience of that day. And the guide will brief the next day trip plan. After completing of trip briefing we enjoy fun and games and entertainment. Trekkers love learning Nepalese language from our Discovery World Trekking crews, playing card, talking to and chatting with the crew members, reliving the day adventure or reading books before heading off to the bed for well-deserved sleep.

Communication on trek

On the **Tamang Heritage Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate all our valuable clients through our leader to at least once in a day to make sure you're fine, safe, feel right and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be the signal but not very strong before the high altitude. On your request, we can provide you with a separate local sim card (**Most of the places have wifi service available with an extra cost**) for good access of connecting.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs etc. We recommend to bring cash (dollars) which can be changed to rupees here.

Throughout the lodges at **The Tamang Heritage trek**, electricity for camera and mobile battery recharge is available by paying in price at all lodges. Most of lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and enroute shop or filling boiled water with an extra cost. **A water purification pill is suggested into drinking water.**

Electricity and battery recharge, water on langtang valley trek

Throughout the lodges at Tamang Heritage Trek, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used the solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems.

Insurance Policy

Trekking in **The Tamang Heritage Trek** requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and another casualty are supposed to be unexpectedly happened. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of booking condition for an adventure trek in Nepal.

To join in **The Tamang Heritage trek**, at a minimum, a comprehensive travel insurance policy is must to cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude. We can do recommendation of insurance company in case of our help needed but we do not involve in sale of the insurance policy. Trekker is refused to be participated in **The Tamang Heritage Trek**, with improper policy or without travel insurance policy. In case of emergency circumstances of our valued client, company put forward the travel documentation processing to insurance company based on your prior information submission details in order to assist in arranging rescue operation, and transfer to hospital for treatment. You are requested to send the details insurance information after you have booked the trek. **Make sure your insurance company accepts** the cost incurred for mountain rescue service even at the highest elevation of trek.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of visa fee is US \$40 for 30 days which have to be paid in cash. Citizens of China and the SAARC countries will receive free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive visa on arrival and so you will have to contact your local Nepalese embassy.

Money exchange

You can exchange most foreign currencies through the banks and through the money exchanges. Money exchangers are also legitimate. You might be able to also exchange small amounts of cash at the hotel you are staying. Money exchange facilities are available in Kathmandu. Money changers or Money exchangers in Kathmandu are found all over Thamel. The going rate is normally displayed in the front of the stores on a board. The official currency of Nepal is the Nepali Rupee (NRP). Its symbol is often displayed as Rs. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of traveler's cheque, many hassles problems like a lengthy process and high rate of commission may take place during the processing at banks. You can withdraw cash (in Rupees only) from one of many ATMs in Kathmandu (if your card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu, the service fee charge will impose on around four percent or more depending up on the bank. There is a day transaction limit on cash withdrawing if you use the bank. Please note that most establishment banks in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Luggage

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters, but you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any excess baggage either at your hotel or at Discovery World Trekking store for free.

Safety




Discovery World Trekking guarantees our client's safety, security and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipments and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the leader to decide if he/she will further continue as health is very important. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment lists for Tamang Heritage Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

Face

- ☞ Sunscreen
- ☞ Sunglass with UV protection
- ☞ Face/body wipes

Hands

- ☞ Light weight gloves
- ☞ Heavy weight winter glove
- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof jacket and pants

Foot wear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pairs of thick light socks)

Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 bag is best in the high-altitude trekking)

Toiletries


- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

Extra items

- ☞ First aid kit

 **Extra passport photos and photocopies of passport**

 **Notebook and pen**

 **Binoculars**

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
09 Dec, 2020 - 20 Dec, 2020	\$990 \$625
12 Dec, 2020 - 23 Dec, 2020	\$990 \$625
16 Dec, 2020 - 27 Dec, 2020	\$990 \$625
19 Dec, 2020 - 30 Dec, 2020	\$990 \$625
23 Dec, 2020 - 03 Jan, 2021	\$990 \$625

FAQ's







Is trekking to Langtang difficult?

No, basically you do not need any ropes or ice picks. Moreover, there is no vertical climbing. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike a few uphill,

How safe is Langtang trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security, and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment, and first aid kits and they have extensive first aid training. If a trekker falls sick at a high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking has a rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides an oximeter to monitor the oxygen level at high altitude and offers regular health check-up facilities.

How to avoid altitude sickness in Langtang trek?

-  **Cut off caffeinated, alcoholic, and smoking items.**
-  **Drink at least 4 liters of water a day.**
-  **Trek slow.**
-  **Don't skip the acclimatization days.**
-  **Better to continue with Diamox (if any symptoms show up).**
-  **Drink Garlic Soup.**



Discovery World Trekking

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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

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Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

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