



Langtang Tamang Heritage Trek - 16 Days

The Langtang Tamang Heritage Trek offers a peek at the Himalayan lifestyle and culture. This is perhaps the most accessible trekking region in Nepal. This journey takes you through the verdant midlands of Nepal.

The key attraction here is the beauty of this mountain region and its native culture. Spectacular panoramas of Ganesh Himal, the Langtang Lirung, and the Gosainkunda can be experienced here.

The treks passes through traditional Tamang villages, and you get to witness the unchanged cultural heritage of this tribe. Hundreds of years ago the Tamang people arrived from Tibet as horse traders.

Residing mostly in the hills of Nepal, they have retained their Tibetan roots, as well as their language. Historically, they are the most marginalized ethnic group of Nepal.

The Langtang Tamang Heritage Trek embraces the local culture, their elaborate costumes, the rich architecture of their mountain houses, and the ancient monasteries.

Additionally, the trek also offers an experience of mountainous terrain, flat pastures, rhododendron woods, and glacier mountain scenes.

This is a cultural trek in which you can learn about one of Nepal's Tibetan-influenced hill tribes. You can also stop and enjoy hot spring waters at Tatopani for relaxation.

Langtang Tamang Heritage Trekking is a moderate trek that taking you to elevations of Kyanjin Gomba 3,870 m. The best time to go on this trek is from February to June or from September to December.

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