Langtang Valley & Gosainkunda Trekking : Spiritual Journey for Women

Langtang Region

Trip Facts

REGION	DURATION
Langtang	**17 Days**
DIFFICULTY	ACTIVITY
Strenuous	**Trekking**
MAX. ALTITUDE	BEST SEASON
4,609m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
108 km/68 miles	**Private vehicle**

Group Prices and Discounts

USD 1,130 per person

No. of travellers	Price per person
1 Pax	USD 1,500
2–4 Pax	USD 1,240
6–12 Pax	USD 1,130
14–24 Pax	USD 990
25–35 Pax	USD 910

Overview

Langtang Valley & Gosainkunda Trekking is an adventure around both exciting and scenic regions of the **Langtang Himal range**. It is a complete journey, where the walk leads on the high and southern ridge of the **massif Langtang Himal range**. The trek will cover all the highlights where you will be walking around the southern hills of the Central and **Langtang Himal region**.

Explore the lovely villages and follow the scenic trails through the enchanting forest of tall rhododendrons, magnolia, oaks, and pine trees. This trek can be a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow **female explorers**. We also provide experienced **female trekking guides**, including **female porters,** for your safety and comfort throughout the **Langtang trek**. The first part of the adventure leads to the beautiful and picturesque **Langtang Valley** at a lovely settlement of Kyanjin Gompa.

It is situated in the heart of scenic Langtang Valley, enclosed by tiers of massive Langtang Himal groups of snow-capped peaks. Enjoy the delightful moments at Kyanjin Gompa with an impressive and eye-catching view from the high viewpoints of **Kyanjin-Ri and Tserko-Ri**. Explore the lifestyle of the Langtang region's natives, witnessing their strong community dedication, the active role of women in local empowerment, and the unique cultural practices that define their way of life.

After an enjoyable experience at Langtang Valley, head towards high Gosainkunda, the second phase of the journey. The path follows the higher ridges, enjoying a pleasant overnight in nice hill villages at Thulo Syabru and Sing Gompa. The adventure continues on the high scenic ridges, leaving the forested areas towards sheer **mountainous wilderness**.

The walk reaches our ultimate highlights at Gosainkunda and the glacial crystal clear lake located on a basin. It is regarded as the holiest of all holy pilgrimage sites for all Hindu followers. An annual religious festival is held, called *Janai Purnima*, on the auspicious month of August in full moon time as per the Hindu Lunar calendar. Thousands of devotees, and pilgrims visit here on this day for worship and prayer. You can take a bath and dip in the icy water of the **sacred Gosainkunda Lake**. According to belief in Hinduism, it relinquishes the sins of the hundredth lifetimes.

The Hindu menfolk change their holy threads for a new one, known as Janai. At Gosainkunda, around its wild country landscapes enclosed by high towering rocky cliff walls and snow peaks. The adventure then heads towards Gosainkunda Pass, also called Eastern **Laurabinaya-La Pass**, the highest point of the journey. After a strenuous climb to the top with spectacular views of the surrounding dramatic scenery of hills, valleys, and snow peaks, we follow the path-long descent that leads back into a lush green forest to the village of Kutumsang around **Helambu region**.

The adventure slowly comes to an end to reach a high scenic viewpoint at Chisapani. A lovely spot for stunning views of sunrise and sunsets, along with a panorama of the **Himalayan Snow Mountain range**. From Chisapani, a pleasant walk downhill reaching **Sundarijal** farm town, situated on the northern eastern rim of **Kathmandu Valley**. At Sundarijal, our marvelous adventurous walks conclude with a short drive to Kathmandu, after a fabulous experience and adventure to **Langtang Valley & Gosainkunda Trekking**.This package is ideal for travelers looking for a guided Langtang trekking experience with **a female only trekking guide agency**.

Highlights

- Head on an empowering journey to Langtang Valley & Gosainkunda Trek with your female friends at a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- An adventure covering both exciting and scenic regions of Langtang Himal.
- Walking on enchanting woodland of tall rhododendrons, firs and pine trees.
- Enjoy the sweeping Himalayan panorama from the high ridges of Langtang Valley.
- Explore traditional Tamang, Hyalmo villages adorned with impressive cultures.
- Trek to **Gosainkunda lake** revered as the holiest of all holy pilgrimage Hindu sites.

Route Overview

Nepal is a country of high land of mid-hill to higher **mountainous landscapes and terrains**. Trekkers planning to join the Langtang Valley & Gosainkunda trek or other **adventures in Nepal's Himalayas** must be well-prepared and aware of the challenges ahead. The walk leads up and downhill with a few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Langtang Valley at Kyanjin Gompa, starts with a pleasant gradual path with a few short steep ups to Lama Hotel. After crossing bridges and leaving the river gorge at Lama Hotel, walk leads to an undulating climb for a few hours to **Langtang Village** or Mundu.

From Langtang Village onwards, trekkers start with a short and gentle climb, following a scenic, winding path that gradually opens up to wide-ranging views of the surrounding mountains and valleys.

The most challenging part of the trek is a long, steep ascent and descent, often tackled on a rest day, with an optional hike to Kyanjin Ri or Tserko Ri. These viewpoints reward trekkers with stunning panoramic vistas, making the effort worthwhile.

The rest of the walk to Lama Hotel is a long descent with few short climbs, and from then on route diverts. We then head towards Gosainkunda via Thulo or Upper Syabru and Sing Gompa / Chandanbari villages. The trek follows a steep up amidst lovely dense of coniferous forest with few gentle gradual paths to enjoy. From Sing Gompa, we walk on the high ridges, gradually gaining altitude, to reach **Gosainkunda glacial lake**. After Gosainkunda, the trail is on a steep and gradual climb to the top of Gosainkunda Pass. From the pass a long descent, with few ups and downs to Helambu areas at Kutumsang, and Gul Bhanjyang villages.

From then onwards, we walk downhill with a few small ups to Chisapani, as the walk continues we descend to the northern rims of Kathmandu Valley at **Sundarijal Town** to complete the treks with a short drive to Kathmandu.

For those looking to book a **Langtang Valley and Gosainkunda trekking package** with expert guidance and a focus on female empowerment, we offer personalized services through our **women trekking guide agency in Nepal**. Our team includes experienced **women trekking guides** and **female porters**, ensuring a safe, empowering, and unforgettable experience on your **Langtang tour package**.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you, and you can then join other members of the Langtang Valley & Gosainkunda Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Drive to Syabrubesi 1,470 m via Dhunche Town 1,900 m-06 hours.

We have our early breakfast and after an early breakfast get ready by approx. 7 a.m. for a long and interesting drive to Syabrubesi village. It takes more than six hours to reach Syabrubesi depending upon the vehicles and road conditions. You can travel either in a car, coach, or a spacious and comfortable bus, as well as in a jeep or similar four-wheel drive vehicle.

The drive heads past Kathmandu Valley on winding uphill road to reach Trisuli Bazaar.It is a large town of Nuwakot district, where we will stop for lunch.In the afternoon, the drive will take you into Rasuwa district, entering at Bhetrawati village. The drive continues heading uphill past Manibhanyang and Ramche towns and villages to reach cooler high hills at Dhunche. Dunche is the headquarters of Rasuwa district and Langtang Himal region, as well as the entry points of Langtang National Park. From Dhunche, the drive is on serpentine downhill to Syabrubesi village for an overnight halt. We then check into a nice local lodge, having time to browse the cultures and activities of the native Tamang tribe. It takes about 6 - 7 hours to reach Syabrubesi covering a distance of approx. 140 kilometers/87 miles. (Depending upon, either in regular local bus, private coach, cars or four-wheels drives).

Day 04: Trek to Lama Hotel 2,455 m - 06 hrs.

From Syabrubesi, we begin our first day of the adventure, after a nice simple breakfast. In the beginning, the path heads towards a bridge. We then cross over the Bhote Koshi River which later it joins the Trisuli River. The term "Bhote" is used in Nepal to refer to Tibetans. The river originates in the mountains of Tibet and flows across the border into Nepal. After crossing the bridge our walk starts uphill, past a few terraced farmland and hamlets to reach Riverside.

A small settlement with few simple Tea Houses and shops, a possible stop for refreshments or lunch. Our afternoon walks take us on winding ups into dense forested trail of rhododendrons, oaks, and pines with bamboo thickets.

The forested trail is an ideal habitat for some wildlife, like the rare endangered and elusive Red Pandas which is often seen around. After hours of good walk, we then reach to an open wide area, at Lama Hotel, a small settlement with several lodges. It is situated amidst the beautiful forest surroundings close to Langtang Khola/stream. Our female guides and porters are always with you to support you, making your travels easier and more comfortable. They offer a familiar presence, allowing you to share your thoughts and challenges openly, making the journey feel safe and empowering. Overnight at Hotel.

Day 05: Trek to Langtang Village 3,425 m or Mundu 3,450 m- 06 hrs.

After a pleasant overnight with the sound of a river flow, enjoy breakfast before starting the second-day treks. Today's walk is quite a long distance to cover for overnight in Langtang Village. Morning walks follows on gentle uphill through dense tree lines and vegetation to reach Ghode Tablela. It is a lovely small place in the middle of woods with few Tea Shops serving as lodge and restaurants. It is a good and only place for lunch stop before Langtang Village. Ghode Tablela means a stable or place for a horse, where the local use to ride and raised horses.The Tibetan pony, a small, sure-footed breed, is commonly used for riding and transporting goods.

After lunch, we continue our good walk of few hours crossing few smaller streams to enter at the end of river gorge. We then reach Langtang Village, the old village was completely been destroyed by the 2015 huge earthquakes. A memorial has been built to honor the local natives and trekkers who lost their lives in avalanches caused by earthquakes. At present, since the past few years the life is returning slowly back to normal. On arrival, we check into a nice fine simple lodge, after a good trek of the day from Lama Hotel.

Day 06: Trek to Kyanjin Gompa 3,870 m- 04 hrs.

Today, an exciting and shortest day walk of the adventures to Kyanjin Gompa from Langtang Village. After breakfast, we head toward the end of Langtang and Mundu villages with short steep climbs to reach a plateau. To enter the scenic Langtang Valley, the walk leads on the gentle path, as tree lines drop for short alpine bushes. As walk continues for few hours we then reach a nice and lovely large settlement at Kyanjin Gompa.

Kyanjin Gompa is located in the heart of beautiful Langtang Valley surrounded by series of giant snow peaks as well as close views of Ice fall and glaciers of Langtang Lirung Himal. On arrival we check into one of its fine well-built lodges for lunch and two overnight stays. In the afternoon you can enjoy exploring the Kyanjin Gompa settlement and its small monastery of great religious and cultural interest.

Day 07: Rest day at leisure option for scenic hike to viewpoints.

We enjoy a free day at Kyanjin Gompa, a perfect place for leisure activities and short or long hiking. You can explore the stunning viewpoints for superb panorama of the surrounding snow peaks, the closest and short climb is to Kyanjin-Ri. Once you reach at 4,773 m / 15,660 feet, it will rewards stupendous panorama of the surrounding towering peaks facing Langtang Himal range, and as far as Jugal Himal with Dorje Lakpa with peaks across the border of Tibet.

If you are energetic and want to enjoy the long day hike then carry packed lunch to reach and climb on top Tserko-Ri which is at 5,033 m/16,512 feet high, a vantage viewpoint to capture all of the Central Himalayan Mountain range. Celebrate the achievement of reaching a high altitude on the Langtang Valley & Gosainkunda Trek at Tserko Ri, sharing the joy with your female friends, guide, and porter. The mountain that surrounds the scenic Langtang Valley is awesome to observe. As well as it will be a great experience, to stand on top of the highest ridge of Langtang Valley. You can also explore the local lifestyle of women and learn about their efforts toward empowerment.

Day 08: Trek downhill to Lama Hotel-06 hrs.

After an enjoyable and delightful time at Kyanjin Gompa and around scenic Langtang Valley, get ready for the long downhill walk to Lama Hotel, the trail follows to Mundu and Langtang villages. Then back into dense tree lines past Ghode Tablela with few short climb and more down to Lama Hotel. Today will be the last overnight around the high areas of Langtang Himal, before ending the trek at Syabrubesi.

Day 09: Trek to Upper / Thulo Syabru village 2,118 m-06 hours walk.

In the morning, the walk from Lama Hotel descends to Riverside. From there, the trail takes a turn to cross a bridge, leading us further along the route. We then reach a small place of Bamboo, located amidst bamboo grooves with a few smaller tea houses. The trail then ascends to an old landslide section before continuing on a winding path that leads into scenic farm areas.

A short steep climb takes us to Upper/ Thulo Syabru village for overnight stops, in the comfort of a nice small lodge. Thulo Syabru village features houses arranged in a row, adorned with exquisite carvings on their doors and windows. In the afternoon you can explore the village and an old monastery near on top of the village.

Day 10: Trek to Sing Gompa / Chandanbari 3,254 m-05 hrs.

On leaving Upper/Thulo Syabru Village, the path takes us to a steep climb past farmland with some small shops and tea-houses. We then walk uphill through dense forested path, with few steep sections to reach a nice grassy meadow. The walk continues on a pleasant trail overlooking views of Langtang, Ganesh and Manaslu Himal towards west. After hours of good walk, we then reach Sing Gompa for overnight stops, also known as Chandanbari means a place of Sandal-Wood. We will stay in a nice simple lodge, having time to visit the monastery perched on top of the village. Sing Gompa also has a small cheese processing factory, an interesting place for overnight, located north of Dhunche Town.

Day 11: Trek to Gosainkunda 4,381 m / 14,375 feet-05 hrs.

Today's walks lead towards the highest overnight stops at Gosainkunda, also the the major highlights of the adventure. The morning trek from Sing Gompa begins with a short, steep climb, followed by a winding, gradual path offering magnificent views of the surrounding peaks. You will have a view of Ganesh and Manaslu Himal, as far as Annapurna Himalayan range of peaks towards the far west. The walk enters a dense forest with superb views of Langtang Himal range. Then the walk leads beyond the tree lines reaching a wide open ridge, with a steep climb to Laurabinaya. A small settlement with few good tea-houses. The name Laurabinaya means a place where pilgrims leave their walking sticks after visiting and praying at Gosainkunda holy glacial lakes. The climb continues to the top of Laurabinaya, then a slow descent and following a level path past Bhairab and Saraswati Kunda lakes.

A short climb reaches our overnight stops at Gosainkunda and the holy lake. The lodge is situated above the lake shore. Trekkers can notice the traces left by the pilgrims after worship and dip in the Icy lake, located on a basin, surrounded by rocky high cliffs and smaller snow-capped peaks. We then check into a nice simple guest house or a lodge for an overnight halt, facing lovely views of the lake. Celebrate the success of the Gosainkunda trek with your female companions, guide, and porter, acknowledging the teamwork and shared achievements that made this journey unforgettable.

Day 12: Trek to Ghopte Odar 3,566 m via Gosainkunda / Laurabinaya-La 4,609 m /15,100 ft. -06 hrs.

On reaching one of the main highlights of the journey, the morning walk follows the eastern side of the lake. As your climb starts on a rocky path of huge boulders you will come across a few smaller glacial ponds. Then a steep climb for a short hour leads you to the top of Gosainkunda or Eastern Laurabinaya-La Pass. Enjoy the experience of being on the highest spot of the adventure with glorious scenery of distant peaks and scenic landscapes. From the top of Gosainkunda Pass, you will take a steep descent to the foot of the pass, a place with a few smaller huts serving as tea houses. The walk continues on a gradual trail reaching back into the dense forest of juniper and rhododendrons trees. You will keep on walking on a gradual ups and downs path. Then the long tough day completes reaching a small settlement at Ghopte Odar with several small simple lodges. The name Ghopte Odar refers to an overhanging cave, a good natural shelter for pilgrims in the early days.

Day 13: Trek to Kutumsang 2,445 m-06 hrs.

After completing our major goals and highlights, we will enjoy a pleasant walk for an hour or more from Ghopte Odar. You will follow a steep climb to the high ridge of Thadepati, a place with several nice simple tea houses. It is located en route to Helambu areas and towards Kathmandu via Kutumsang. We will stop here for lunch and take in the fascinating views of snow-capped peaks and the stunning scenery of rolling green hills. In the afternoon, you will walk downhill to Mangegoth, a nice area with a large grassy meadow with few tea houses. From here, you will walk downhill through a lovely serene forest of tall pines, firs, and rhododendron trees. The walk concludes upon reaching an open area as we arrive at Kutumsang village for an overnight stop.

Day 14: Trek to Chisapani 2,195 m via Gul Bhanjyang 2,125 m - 06 hrs.

In the morning, you can enjoy the lovely views of surrounding beautiful landscapes. After breakfast, a long hour's walk takes us to Chisapani. The trail follows downhill and on a winding path with a few short ups and downs to Gul Bhanjyang village. In Gul Bhyanjyang, we will take a lunch break and take a rest. In the afternoon, we will walk ups and down to reach the nice village of Patti-Bhanjyang. From here a steep short climb to Chisapani for the last overnight of the treks. Enjoy the comfort in a nice lodge accomodation.

Chisapani is located north of Kathmandu Valley as well as en route to the famous Nagarkot and Shivapuri Hills, and towards Helambu and Gosainkunda.

Day 15: 3-hour trek to Sundarijal 1,380 m an hour drive to Kathmandu.

We will wake up early morning to catch the stunning sunrise views from Chisapani, with a superb panorama of the Himalayan range of peaks. After breakfast, you can enjoy the last day of trekking to end at Sundarijal farm town. The walk follows down through dense forest past Tamang farm villages of Burlung to reach a pleasant waterfront.

A place with fresh streams, waterfalls, and a reservoir amidst a serene forest surrounding, this is why its name is Sundarijal. This means a beautiful water place with crystal clear fresh streams and waterfalls. From here, you will walk an hour downhill to Sundarijal Town to conclude our walks, and then a short hour drive to Kathmandu. The drive heads past the town of Jhorpati and the famous Bouddhanath areas to reach the hotel. Rest of the day at leisure after a great marvelous adventure to Langtang Valley & Gosainkunda Trekking.

Day 16: Free day in Kathmandu for individual activities.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 17: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the Langtang Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

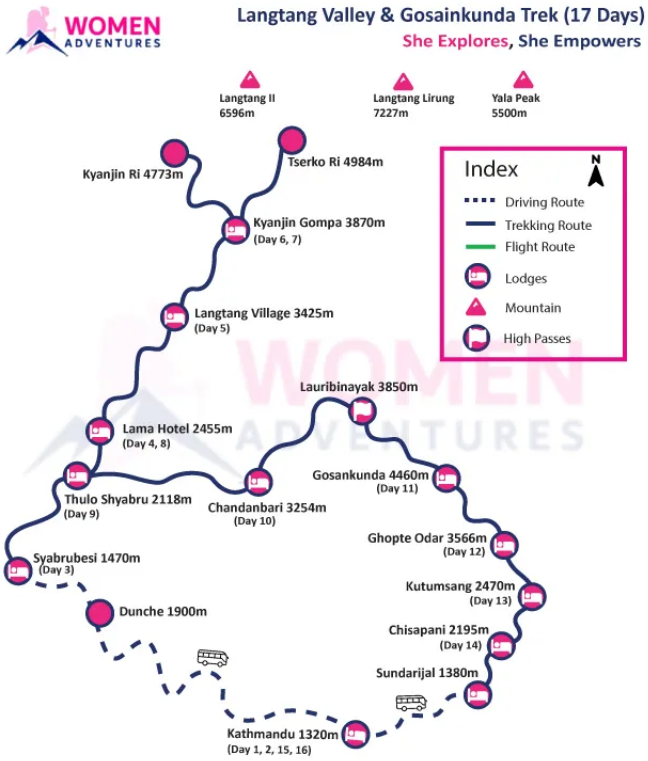
- Airport pick up & Droop off with representative.
- Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers

- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- All meals in the trekking (Breakfast, Lunch& Dinner.)
- Accommodation in the tea house lodges during the trekking
- Hot drinks. (Tea & coffee) 3 times a day.
- 4 wheel jeep (Kathmandu- Syabrubensi- Dhunche -Kathmandu)
- TIMS (Trekkers Information Management System)
- Langtang National Park entry Permit.
- Down jacket, Down Sleeping bag, and Duffel bag.
- Sightseeing with a certified female tour guide, transportation and entrance fees in Kathmandu.
- All taxes and Services charge.

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- Lunch and Dinner in Kathmandu.
- Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
- International air-ticket
- Travel insurance that must include emergency helicopter evacuation

Trip Map



Food and Culture

Food and lodge accommodations are available at designated stops throughout the **Langtang Himal region**. Overnight accommodation and meals are provided as per the itinerary set by **Women Adventures**. We provide the best lodge accommodation, where possible. Our **female trekking guide** team ensures your comfort and well-being during the trek. The foods are according as listed on the menu, from breakfast, lunch, dinner or main courses. It also includes side snacks with warm and cold refreshment drinks, served in a nice and cozy dining room with a fireplace. In Nepal, the most favorite and popular national food and meal is Nepali Dal Bhat, boiled or steamed rice. It is served with the mild curry, of seasonal vegetables and includes Dal, a lentil bean soup with pickles, and hot sauce as options.

Breakfast from oats porridge and cereals to cornflakes with toast/ chapattis and pancakes includes a choice of egg variation. Lunch and Dinner from Continental, Chinese, Indian, Nepali, and Tibetan main course with a choice of soups. The lodge accommodation and food are of moderate standard. The lodge accommodations from Syabrubesi, Lama Hotel, and Langtang Village are simple with nice rooms. Most lodges provide common bathrooms and toilets. But with a good food menu of limited varieties. Some villages even offer fresh homemade bakery items. Rooms are typically shared, with common bathrooms and toilets, due to the challenging terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Langtang Village to Kyanjin Gompa, using hot showers is at an extra cost.

The only places with simple food and lodge accommodation is at Gosainkunda and Ghopte Odar. The rest of the places en route to Kathmandu have better facilities till Chisapani high ridge near Kathmandu. All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you need to pay an extra cost per

hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions. Kyanjin Gompa, Sing Gompa, Kutumsang and Chisapani, have good lodges that provide a comprehensive food menu served in nice dining rooms. In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism**.

As well as take care of garbage and litter during the whole trek. Trekkers with special dietary and for a strict vegetarian, please inform when booking with **Women Adventure (P) Ltd**. It is important to know that alcoholic drinks are not healthy and good while going up to higher altitudes. But one can enjoy, after completing the main highlights, on the return journey to Syabrubesi after losing the altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Langtang Himal area of Rasuwa district are populated by the Tamang. The highlanders of Central and Mid-East and West Himalayas, the Tamang are the indigenous ethnic tribes of Nepal. With a migration history of more than 5,000 years, the Tamang drifted to Nepal from Inner Mongolia through Tibet. Tamang follows a strong **Buddhist religion and culture**, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines as well as monasteries.

The religious monuments include a series of prayer walls and spinning wheels with impressive monasteries of great religions and cultural interests. Tamang also practices the ancient Bon cult, a pre-Buddhism and Shamanism, having witch doctors as well as Buddhist Lama and priests.

After reaching Gosainkunda, we enter the **Helambu region**, which is inhabited by a mix of Sherpa, Tamang, and Hyalmo communities, the native people of Helambu. The Hyalmo is interwoven to Buddhist religion and culture with a strong influence of Tibetan Buddhism heritage.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.

- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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