

Tamang heritage Trail / Langtang trek

- 01 Kathmandu – Syaphrubesi – 7h drive
- 02 Syaphrubesi – Gatlang – 6/7h drive, 2238m
- 03 Gatlang – Tatopani – 6/7h, 2607m
- 04 Gatopani – Naghthali – 4/5h
- 05 Naghtali – Timure – 6/7h
- 06 Timur – Rasuwagadi / Timur-Bridhim
- 07 Bridhim – Rimache, Lama Hotel
- 08 Lama Hotel – Langtang – 6/7h
- 09 Langtang – Kyanjing Gumba – 3h
- 10 Rest day live up to Cherkuri
- 11 Kyanjing to Lama Hotel – 7/8h
- 12 Lama Hotel to Thulo Sybru – 6h
- 13 Thulo Sybru – Cholangpati – 6/7h
- 14 Cholangpati – Gosainkunda – 5h
- 15 Gosaikunda – Phedi – 6/7h
- 16 Phedi – Tharepati – 6h
- 17 Tharepati – Kutumsang – 5h
- 18 Kutumsang – Chisopani – 7/8h
- 19 Chisopani – Sundarighal Kathmandu drive – 5h