

Sanjen Valley Trek

Trip Overview

The Sanjen Valley Trek combines stunning landscapes, cultural experiences, Mountain view and spiritual discovery in a way that makes the trekkers truly appreciate the trek's specialness. Sanjen Valley Trekking is located in Rasuwa district of Nepal, sharing its borders with Tibet. While the majestic Ganesh Himal lies towards its north, the enchanting Chum Valley lies towards its north side from Ganesh Himal Range. The majority of people living in this region are from the Tamang community with a major inclination towards Buddhists cultural influences. Some of the key and popular religious and tourist attractions of this area are Parvati Kunda, Surya Kunda, Kalika Mai Temple and so on. This remote trek features other must-visit sites such as Langtang National Park, Tatopani, Ghatlang, Dhunche, Syabrubesi, etc. enhances the trekking experiences of the guests with beautiful sceneries and cultural experiences. Gatlant village, known for its unique black stone houses for which is also called as the Black village, offers guests familiarity with the local culture and experience the local farming traditions, including the famed Harishankar yogurt.

The Sanjen Valley Nepal Trek is deeply rooted in Tamang traditions and offers an authentic cultural experience through indigenous practices (eg: welcoming guests by singing their folk songs and dancing while wearing their cultural customs), spiritual landmarks (eg: monuments, holy lakes and so on), local festivities and community-led tourism initiatives showcasing traditional hospitality (eg: establishment of homestays, particularly in Tiru village, to facilitate easy access to Gosainkunda). The local community and supporting organizations have been actively contributing to sustainable development through awareness of environmental education and preservation as well. The off the beaten trekking route used for this trek in Nepal also aligns with the trekking route taken for Tamang Heritage Trek, another climb-worthy trek in Nepal.

The most suitable time for the trekkers to travel to this valley is in the Spring and Autumn season which falls in the month of March - May and October - December respectively. The Sanjen Valley Trekking is an amazing adventure that brings together the stunning nature and rich culture of the Himalayan area, along with the friendly and welcoming Tamang people. It's a perfect choice of trekking destination for those looking for excitement, a sense of peace and a chance to experience local traditions in one of Nepal's most breathtaking spots. The Sanjen Valley Trek is a new possible trekking destination for those beginners' in the field who share the passion to scale the mountains.

Trip Highlights

Trip Itinerary

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Cost Includes

Cost Excludes