

## Tamang Heritage Trek - 10 Days

The Tamang Heritage Trek is a popular trekking route in the Langtang region of Nepal. It offers a unique cultural experience, allowing trekkers to explore traditional Tamang villages, learn about their customs, and enjoy stunning views of the Himalayas. The trek typically takes around 7-10 days and passes through beautiful landscapes, including rhododendron forests, terraced fields, and high alpine meadows. It's a great option for those looking for a less crowded trekking experience with a focus on cultural immersion.

This trek offers breathtaking views of iconic peaks such as Langtang Lirung (7,227 meters) and Ganesh Himal (7,600 meters), among others. We can visit ancient monasteries, and engage with the warm and welcoming locals. While traveling from Gatlang to Chilime along the Tamang Heritage Trail, travelers may enjoy the thrilling sensation of taking a shower in the healing natural hot spring waters at Tatopani. We can see the tibeten culture and customs. The people from here are origin tibeten. Lnagtang is not so far from the Tibet autonomous boarder.

## PRICE INCLUDES

- Accommodation in the Local lodge (dinner, breakfast and lunch)
- 3 nights hotel in Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off (Kathmandu - Sybru beshi- Kathmandu)
- Trekking permit in the national park and TIMS Card
- One Expert trek leader, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 customers)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your own use)
- All government and local taxes.
- Nepali staff's insurance
- Welcome dinner & Farewell dinner

## PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month (For this trek 15 days of visa is enough)
- Trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, wifi, cell phone pill charging and device
- Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- insurance
- International flight

## ITINERARY IN DETAIL

### Day 1: Day 1 Arrival in Kathmandu

Upon your arrival in Kathmandu in Kathmandu you will sort out your visa and immigration parts and our representative will be there to collect your baggage and welcome you. Then a private vehicle will transfer you to the hotel, after check-in you can rest or you can make a short tour around your hotel before dinner. In case of early arrival in Kathmandu, lunch will be included in the program.

### Day 2: Day 2 Drive to Syabrubesi (1450m)

From Kathmandu early in the morning for a scenic drive towards Syabrubesi, the starting point of the Tamang Heritage Trail. The drive offers views of terraced fields, rural villages, and lush hillsides. Arrive in Syabrubesi, a small Tamang village, where you'll spend the night. Begin to immerse yourself in the local culture and prepare for the trek ahead.

Breakfast, lunch and dinner included.

Accommodation: In lodge

6/7 hours of vehicles

### Day 3: Day 3 Trek to Ghatlang (2200m)

Start your trek from Syabrubesi, following the trail through rhododendron and pine forests, with occasional glimpses of the Langtang mountain range. Pass through small Tamang villages and terraced fields, experiencing the traditional way of life. Reach Ghatlang, a picturesque village with unique Tamang architecture, and spend the night.

Breakfast, lunch and dinner included.

Walking time: between 5h to 5h30

Accommodation: In lodge

Height difference: +750m/-190m

### Day 4: Day 4 Trek to Tatopani (2607)

Continue your trek, enjoying panoramic views of the surrounding valleys and mountains. Pass through Chilime village and ascend to Tatopani, famous for its natural hot springs. Relax and rejuvenate in the hot springs, soothing your muscles after a day of trekking.

Breakfast, lunch and dinner included.

Walking time: between 6h

Accommodation: In lodge

Height difference: +550m/-60m

### Day 5: Day 5 Trek to Thuman (2400m)

Trek from Tatopani to Thuman, following a scenic trail that offers views of the Ganesh Himal range. Pass through lush forests and charming Tamang villages, encountering friendly locals along the way. Arrive in Thuman, a traditional Tamang village, where you'll spend the night.

Breakfast, lunch and dinner included.

Walking time: between 6h

Accommodation: In lodge

Height difference: +350m/-340m

### **Day 6: Day 6 Trek to Briddim (2229m)**

Continue your trek towards Briddim, trekking through rhododendron forests and terraced fields. Enjoy the serene beauty of the landscape and interact with local Tamang communities. Arrive in Briddim, a quaint village known for its homestay experiences. Experience the warmth of Tamang hospitality as you stay overnight with a local family.

Breakfast, lunch and dinner included.

Walking time: between 6h to 6h30

Accommodation: In lodge

Height difference: -290m

### **Day 7: Day 7 Trek back to Syabrubhesi (1450m)**

Trek back to Syabrubhesi, retracing your steps through familiar trails and villages. Reflect on your journey and the cultural experiences you've had along the way. Arrive in Syabrubhesi and relax after completing your trek. Spend the night in Syabrubhesi.

Breakfast, lunch and dinner included.

Walking time: between 6h to 6h30

Accommodation: In lodge

Height difference: -720m/+50m

### **Day 8: Day 8 Drive to Kathmandu**

Drive back to Kathmandu from Syabrubhesi, enjoying the scenic landscapes one last time. Reflect on your Tamang Heritage Trail adventure as you return to the bustling city life of Kathmandu. Arrive in Kathmandu and either rest or explore the city further, depending on your travel plans.

Breakfast, lunch and dinner included.

Accommodation: In hotel

### **Day 9: Day 9 Rest and explorations day in Kathmandu**

Free time to visit Kathmandu city and monuments and shopping

Breakfast, lunch and dinner are included.

Accommodation : At hotel

### **Day 10: Day 10 Depart to your Home Country**

Our staff will help you to drop in the international airport by hotel private vehicle.

## FAQ

### 1. How difficult is the Tamang Heritage Trek?

The Tamang Heritage Trek is considered a moderate trek, suitable for both beginners and experienced trekkers. The trail includes some steep ascents and descents but requires no technical climbing.

### 2. What is the best time to go on the Tamang Heritage Trek?

The best time to trek the Tamang Heritage Trail is spring (March to May) and autumn (September to November). These seasons offer clear skies, moderate temperatures, and vibrant natural scenery.

### 3. How long is the Tamang Heritage Trek?

The Tamang Heritage Trek typically takes 8 to 12 days to complete, depending on the chosen itinerary and pace. It covers diverse landscapes and cultural sites.

### 4. What are the main attractions of the Tamang Heritage Trek?

Key attractions include the traditional Tamang villages, stunning views of Langtang Lirung, Ganesh Himal, and the opportunity to soak in natural hot springs. The cultural exchange with the local Tamang people is a highlight.

### 5. Is the Tamang Heritage Trek safe?

The Tamang Heritage Trek is generally safe for trekkers, making it a great choice for both beginners and experienced hikers. The trail is well-marked and of moderate difficulty, so with a reasonable level of fitness, most people can enjoy the trek. Hiring a local guide is highly recommended for added safety, as they are familiar with the terrain and can provide valuable cultural insights. The trek remains at lower altitudes, which reduces the risk of altitude sickness, but proper acclimatization and hydration are still important. Accommodation in tea houses and homestays along the route is safe and comfortable, allowing you to experience local hospitality. To ensure a safe journey, it's wise to carry a basic first aid kit, check the weather forecast, and trek during the safer seasons of spring or autumn when weather conditions are more stable. By taking these precautions, you can enjoy a secure and enriching experience on the Tamang Heritage Trek.