

## Tamang Heritage Trek-11 Days

Duration: 11 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 2607m</b>
<b>Activity: Trekking, Hiking &amp; Sightseeing</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Tamang Heritage Trek**, culturally rewarding experience in a fairly new trekking trail of Langtang region offers you a peek into the everyday life of the Tamang community. Once a prominent and strategically important region between Nepal and Tibet, [Langtang region](#) has in store the richness of indigenous Tamang community for you, manifested in the form of local crafts, culture, tradition, and customs, and architecture of mountain houses. Besides, the view of majestic peaks such as Langtang, Ganesh Himal and Manaslu, lush hills, terraced farmlands, natural hot springs and cool waterfalls, monasteries with a rich heritage, diverse terrains and vegetation as well as quaint trails makes Tamang Heritage Trek a wonderful experience in the region close to Kathmandu valley. Tamang Heritage Trek begins with the exploration of the ancient heritage of Kathmandu valley listed in the UNESCO World Heritage Site List including the Pashupatinath Temple, Swayambhunath, and Boudhanath Stupas. Heading north through to Syabru Besi, our adventure begins with the trek to the Gatlang village. The biggest Tamang village in the region, Gatlang is known for unique cultural shows, beautiful wooden houses with prayer flags and wooden carvings, and terraced fields. After exploring the beautiful village and the famous Yak Cheese Factory and Gyanjin Gompa of Gatlang, we shall trek passing the other villages of Nagthali, Thuman, Timure, and Bridim before heading back to Syabru Besi and Kathmandu to end this enriching and adventurous trekking experience. The natural hot water springs at Tatopani, the historical fort at Rasuwagadhi near Timure, Shamanic performances at Thuman, are the other attractions during this trek. In addition to that, the strong influence of Tibetan Buddhism reflected on the lifestyle in most of the villages, ancient heritages in monasteries here, view of magnificent mountains overlooking almost the entire trail, the ups and downs of the trail itself, local dances and performances, alpine terrains and lush vegetation of rhododendron and dale make Tamang Heritage Trek a memorable experience. An interesting, enriching Tamang Heritage Trek can be even better experienced with **Himalayan Holyland Treks and Expedition**. Æ

## Itinerary

### Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu (1350m).

Our team member will receive you at the airport and transfer to hotel. After the check-in, you will be given a briefing about the whole program and collect papers documents for TIMS and permits. Enjoy your overnight stay at the hotel. B/B

### Day 02: Sightseeing in Kathmandu valley.

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Durbar Square, Swoyambhunath Temple, Boudhanath Stupa & Pashupatinath Temple. Overnight at the hotel. B/B

### Day 03: Drive to Syabru Bensi (1462m) 7/8 hrs.

Drive from Kathmandu to Syabru Bensi by jeep or bus. You head north out of Kathmandu driving through scenic foothills to Syabru Bensi passing through Dhunche. While passing along the road at the bank of Trisuli River you catch a glimpse of Ganesh Himal, terraces and green hills. As you pass through Dhunche you feel as if you are heading towards deep land. The Langtang National Park starts from here and TIMS and permits are checked here. Overnight at guesthouse. B/L/D

### Day 04: Syabru Bensi - Gatlang (2238m) 5 hrs.

You can observe the different traditional villages. The cultural show at Goljung and Gatlang makes your trekking an unforgettable one since this is the biggest Tamang village in this region. Almost in all the houses, you can see beautiful traditional wood carving and the houses are set in a row with the wooden roof. One can see the prayer flags just in front of the house since the local people follow the Buddhist culture. Gatlang set high on a hillside among terraced fields is a Tamang ethnic settlement. One can visit a Tamang monastery and beautiful Parvati Kunda Lake at Gatlang. There is a Yak Cheese Factory in this village. Overnight at community local home stay. B/L/D

### Day 05: Gatlang - Tatopani (2607m) 5-6 hrs.

The trail goes slightly down through the fields and beautiful terraces and passing Tamang villages, Chilime and just before this village there is Chilime Hydropower. Then after it goes high up to Tatopani. For lunch, we stop at Gong Gang. On the way, you enjoy a view of Langtang range and Ganesh Himal. Experience of the Tamang culture at Tatopani which naturally signifies 'hot water'; you can take a hot bath in natural hot springs with bathing areas in the lap of the mountains. B/L/D

### Day 06: Tatopani to Thuman (2338m) 5h30.

This day the trail goes steadily high up till Nagthali. It is a good viewpoint for this trail from where we can see Langtang Lirung, Ganesh Himal, Paldor Peak and some parts of Tibet. Nagthali used to be a popular meditation center for the local monks and priests where we can still see the monastery in a poor condition. After lunch, we get down to Thuman, another cultural village is popular for its Shamanic performances and beautiful view of Langtang. Overnight at community home stay. B/L/D

### Day 07: Thuman - Timure (1762m) 5 hrs.

Timure is on the old trade route to Tibet. Rasuwagadhi is just in a distance of 30 minutes from here which is the border between Nepal and Tibet. A fort here is a historical reminder of the Nepal Tibetan relations that has existed for many centuries. Overnight at community lodge. B/L/D

**Day 08: Timure to Bridim (2239m) 6 hrs.**

The trail is quite normal till Lingling where we take lunch but after lunch, it goes up to Briddim, it is a Tamang village influenced by Tibetan culture in the bosom of Langtang Himal. All the houses are spread in a Z shape. Most of the houses are made up of stone and have roofs of split slate. As a direct descendant of ancient Tibetan immigrants, the culture and tradition of Bridim closely resemble that of nearly Tibetan villages. Overnight at community lodge. B/L/D

**Day 09: Briddim - Syabru Bensi (1462m) 4h30.**

This day the trail moves gentle descent passing through villages, terraces and magnificent views of surrounded hills. We will have a tea break in Khanjim village and then walk down to Syabru Bensi. Overnight at guesthouse. B/L/D

**Day 10: Syabru Bensi to Kathmandu, 7/8 hrs.**

Scenic drive back to Kathmandu by public bus/jeep, 7/8 hrs. Overnight at the hotel. B/B. We will have farewell dinner in a Nepali restaurant.

**Day 11: Final departure day to your destination.**

Today is your departure day to your home. Our representative drops to you at the international airport and says goodbye.

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in Kathmandu in a B/B basis.
- => Tea house accommodation during the trek.
- => Hot soup in high places.
- => Three times meal in the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service (2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents (Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, battery charge, internet, bar bills, laundry and mineral water during the trek.
- => Extra night accommodation in Kathmandu in exception of the itinerary.
- => Tips for guide and porters.