

Tamang Heritage Trail Trek

Duration: 14 Days Days

Max Altitude: 5,184 m

Destination: Nepal

Trip Grade: Moderate

Trip Highlights

Highlights of Tamang Heritage Trail Trek

- Tamang cultural trek.
- Superb panoramic landscapes
- Nepal's Tibetan-influenced hill tribes.
- Hot spring at Tatopani.
- Local homestay in Briddim, to learn more about the Tamang people, Culture, and their way of lifestyle.
- Enjoy spectacular views of Ganesh Himal, Langtang Himalayas, and Gosainkund Himalayas range.

Trip Overview

The **Tamang Heritage Trail Trek** is an exciting new trekking route in the Himalayas, that combines the **Langtang Valley Trek** and the Tamang Heritage Trail. So if you are a seasoned trekker looking for something new, or new to the World of trekking but fancy trying something completely unique, then this is the trek for you.

Offering **superb panoramic landscapes** of alpine terrain, flat meadows, **rhododendron forests**, lush greens, and untouched highlands, the landscape experienced on this 14-day adventure is truly unbeatable. And as you trek through some of the world's most famous mountains, and take in the views of the mighty **Himalayas**, you will also walk through several Tamang villages.

One of the highlights of this trip is knowing that you are giving back to the communities that are helping you to enjoy this wonderful experience, as the Tamang Heritage Trekking Trail is established by the Nepal Tourism Board under its Tourism for Rural Poverty Alleviation Program (TRPAP), and so aims to bring tourism money to local communities.

As well as experiencing the magnificent views, and **beautiful culture**, you will also have the opportunity to enjoy your rest day at Tatopani's hot spring. As you relax in the natural healing waters, surrounded by **mountain peaks**, you can take a moment to enjoy how far you have come.

As with all of our trips, we operate the **Tamang Heritage Trail Trek** in both groups and private tours, and offer a fully customizable itinerary, with customized travel and accommodation plans available upon request. So if you want to know any more about the itinerary options, trek cost, trek difficulty, or anything else at all, then please don't hesitate to get in touch with a friendly member of our team. Or, if you would like to read about what it's like to experience this adventure, then check our Tamang Heritage Trail Trek Blog.

Detailed Itinerary

Day 1: Arrival in Kathmandu: On arrival, you will land in Kathmandu airport, where our friendly team will greet you and take you to your hotel. Depending on what time you arrive, you are free to take a rest, or if you are itching to start exploring, you can spend the rest of the day soaking up the atmosphere of the Capital. You will then have dinner and an overnight stay in a highly recommended hotel in the city center. **Dinner and overnight stay at a 3-star hotel in Kathmandu**

Day 2: Drive to Syabrubesi: It's an early start as we set off for Syabrubesi to start our trek. To begin we will wind through the mountains, enjoying views of Manaslu, Annapurna, and Ganesh Himal on our way to the village where we will rest for the night in preparation for the beginning of our trekking adventure in the morning. **Breakfast, Lunch, Dinner, and overnight stay in a teahouse**

Day 3: Syabru Besi to Gatlang: The trek finally begins! We will start with a hike through the Goljung Village on our way to Gatland Village. The journey takes us past the Ganesh Himal, Shishapangma, Langtang Lirung, and many other mountain delights as we power through our 5-hour walk. On arrival in Gatland, we can enjoy an authentic insight into local Nepali life as we explore this hillside village filled with traditional stone houses. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 4: Gatlang to Tatopani: From Gatlang we move on to Tatopani, a 6-7 hour journey that begins with a descent to Thangbuche – taking in the Langtang Range as we go. We then pass the Chilime Hydropower Dam before ascending all the way to Tatopani. Previously famed for its hot springs, Tatopani was badly affected by the 2015 Earthquake. So while we may not be able to bathe in the hot springs, we can still guarantee that the area is well worth a visit. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 5: Tatopani to Nagthali Thuman: Our 6-hour journey today starts by taking us through dense alpine forests until we reach Brimdang – a small Tamang settlement. After a quick break to explore, it's an uphill hike to reach

Nagthali Hill. The mission is well worth it though, as on arrival you will be treated to astonishing views of Langtang, Sanjen, Kerung, and Ganesh Himal. The trek then moves downhill to take us to Thuman for the night. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 6: **Thuman to Briddim**: Beginning in Thuman, we trek to Lingling and then onto Briddim over 6 hours. Briddim is famed for being a Tibetan Buddhist Village, resting in the heart of the Langtang Himal. On arrival, we are able to visit the Dukchu Gomba Monastery and begin to explore the spirituality seeped in the region. The village itself is also very interesting to explore as its stone houses and Tibetan inhabitants mean it resembles a typical Tibetan village, and therefore make it unlike any of our other overnight stays. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 7: **Briddim to Lama Hotel**: Today is a downward trail as we begin by descending to Ghopche Khola, a small stream where we can break before beginning our uphill hike to Rimche, and then onto the Lama Hotel. Beautifully located amidst lush forests and mountain peaks, it lies on the banks of the Langtang River – a wonderful resting spot. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 8: **Lama Hotel to Langtang Village**: Our path today follows the dense forest. It then starts to steadily increase in height – leaving behind the woods and venturing through the valley. We will continue on the way to our destination past prayer wheels, sacred inscribed rocks, and water mills – all with the Langtang Range as our backdrop. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 9: **Langtang Village to Kyangjin Gompa**: We start our trek today through yak pastures. Marvel at this magnificent creature before passing Nepal's largest Mani wall – built from stones, each with prayers written on them, which are believed to be spread by the wind that blows around them. Several wooden bridges then take us to Kyangjin Gompa, snugly surrounded by the Himalayas. On arrival, there are lots to enjoy – including views of glaciers and icefalls. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 10: **Day Hike from Kyangjin Gompa to Tsergo Ri (5,000m)**: Today we stay based in Kyangjin Gompa, so you can leave your packs behind, and lighten the load for our day hike to Tsergo Ri. At 5,000m the views from here are unbeatable and allow you to see close up views of both the Yala Peak (5,520m) and Langtang Ri (7,250m). **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 11: **Kyangjin Gompa to Ghore Tabela**: After spending the day acclimatizing, we can now begin our descent to Gore Tabela. Expect to pass through grassy fields and across streams, on the downhill trek to our destination. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 12: **Ghoretabela to Syabru Besi**: Today is our last day of trekking! So we will retrace our steps in another day of descent to Syabru Besi. On arrival, reflect on your accomplishments as the trekking portion of your adventure comes to an

end! Put your feet up and relax. **Breakfast, Lunch, Dinner with an overnight stay in a teahouse**

Day 13: **Return to Kathmandu:** It's time to wave goodbye to Syabru Besi and drive back to Kathmandu. On arrival, you are free to spend the rest of your day enjoying the excitement of the Capital – either taking rest or exploring the city nightlife for the final night of your trip. **Breakfast, Lunch, Dinner, and overnight stay at a 3-star hotel**

Day 14: **Final Departure:** It's time to fly home! Say goodbye to Nepal and your fellow trekkers! A member of our friendly team will take you to the airport. **Breakfast.**

What's included

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in whole trekking
- Kathmandu – Sybrubensi – Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 – US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

Trip Map



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