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## Unique Tamang Heritage Trail Trek

- Duration: 14 Days Days
- Max Altitude: 5,184 m
- Destination: Nepal
- Trip Grade: Moderate

### Highlights

- 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 the Gosainkund Himalayas range.

### 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 unique, this is the trek for you.

### Unique Tamang Heritage Trail Trek

Offering superb panoramic landscapes of alpine terrain, flat meadows, rhododendron forests, lush greens, and new 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 incredible experience as the Nepal Tourism Board establishes the Tamang Heritage Trekking Trail 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 our trips, we operate the Tamang Heritage Trail Trek in groups and private tours. We offer a fully customizable itinerary, with customized travel and accommodation plans available upon request. So if you want to know more about the itinerary options, trek cost, trek difficulty, or anything else, please don't hesitate to contact a friendly team member. Or, if you would like to read about what it's like to experience this adventure, check out our Tamang Heritage Trail Trek Blog.

#### About Tamang People



The rich Buddhist culture of the mountain people is the major highlight of this Tamang Heritage cultural tour. Tamang comes from [Ta and Mang](#), which means horse and rider. The Tamang tradition and culture are guided by their language (Tibeto-Burman language), culture, and dress. Their social structure includes almost 100 sub-clans, and about 90 percent of Tamang are Buddhist.

These festivals are based on the Tibetan calendar, having a 12-year cycle. While on tour, you might practice their traditional song dance Bhote-selo, which means 'Tibetan tune.' The classic Tamang songs are the ideal blend of humor and wit, satire, and playing along with a melody of Damphu. Although you wouldn't understand the words, just the tune is exciting.

On the other hand, the [Helambu region](#) of Langtang is home to the Hyolmo people, who have entirely different traditions than the Tamang people. Although our Tamang Heritage Trail Itinerary doesn't include this section, the tour can be extended to Helambu and Gosainkunda.

#### Day 01

### Arrival in Kathmandu

Dinner and overnight stay at a 3-star hotel in Kathmandu

On arrival, you will land at 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 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 centre.

Day 02

## **Drive to Syabrubesi (1,450m) |6 Hrs|**

Breakfast, Lunch, Dinner, and overnight stay in a teahouse.

As we set off for Syabrubesi to start our trek, it's an early start. 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.

Day 03

## **Syabru Besi to Gatlang ( 2240m/7349.081ft.), 7- 8 hr drive**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

The trek finally begins! We will 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.

Day 04

## **Gatlang to Tatopani (2610m/8562.992ft.), 5- 6 hr walk**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

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 to Tatopani. Previously famed for its hot springs, Tatopani was severely 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.

Day 05

## **Tatopani to Nagthali Thuman ( 3165m/10383.86ft.), 4- 5 hr walk**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse



### Tamang Heritage and Langtang Valley Trek

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 you will be treated to astonishing views of Langtang, Sanjen, Kerung, and Ganesh Himal on arrival. The trek then moves downhill to take us to Thuman for the night.

Day 06

## Thuman to Briddim

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

Beginning in Thuman, we trek to Lingling and then onto Briddim for over 6 hours. Briddim is famed for being a Tibetan Buddhist Village resting in the heart of the Langtang Himal. We can visit the Dukchu Gomba Monastery on arrival and explore the spirituality that seeped into the region. The village is also fascinating to explore as its stone houses and Tibetan inhabitants resemble a typical Tibetan village, unlike our other overnight stays.

Day 07

## Briddim to Lama Hotel ( 2420 m/ 7939 ft) 6 to 7 hours

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

Today is a downward trail as we descend 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 - an excellent resting spot.

Day 08

## Lama Hotel to Langtang Village ( 3500 m/ 11482 ft)

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse



Our path today follows the dense forest. It then steadily increases in height – leaving behind the woods and venturing through the valley. We will continue to our destination past prayer wheels, sacred inscribed rocks, and water mills – all with the Langtang Range as our backdrop.

Day 09

## **Langtang Village to Kyangjin Gompa ( 3830 m/ 12560 ft)**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse



Tamang Heritage Trekking

We start our trek today through yak pastures. Marvel at this magnificent creature before passing Nepal's most enormous 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.

Day 10

## **Day Hike from Kyangjin Gompa to Tsergo Ri (5,000m)**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

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 the Yala Peak (5,520m) and Langtang Ri (7,250m).

Day 11

## **Kyangjin Gompa to Ghore Tabela**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

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.

Day 12

## **Ghoretabela to Syabru Besi**

Breakfast, Lunch, and Dinner with an overnight stay in a teahouse

Today is our last day of trekking! So we will retrace our steps on another day of descent to Syabru Besi. On arrival, reflect on your accomplishments as the trekking portion of your adventure ends! Put your feet up and relax.

Day 13

## **Return to Kathmandu**

Breakfast, Lunch, Dinner and overnight stay at a 3-star hotel.

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 a rest or exploring the city's nightlife for the final night of your trip

Day 14

## **Final Departure**

Breakfast

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 for

## **What To Expect?**

### **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 the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu – Sybrubensi – Kathmandu By local bus / Jeep up to your request
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.
- 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 charges

## 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)
- Trekking porter/Sherpa who will carry your bags during the trekking ( 2 person 1 Porter ).
- Personal shopping and laundry etc
- Personal trekking equipment

## FAQs

### How to get to Syabrubesi?

Two kinds of transportation are available for this tour. In Kathmandu, airport pick-off and drop-off will be in a private car. Similarly, you will get a car or a minivan for a sightseeing tour per your group size. Next, we shall drive to the starting point of the Langtang trek, i.e., Sybrubesi. The agency arranges a Private Jeep for your 8 hours drive. You can also get a public bus to Sybrubesi, which costs about \$10. But getting a public bus to Langtang is a hectic option (but cheap) - the choice is yours. No aeroplane connection or tourist bus is available in Langtang. A [helicopter charter](#) in Nepal is the only other option available.

### What are the festivals of the Tamang People?

Talking about festivals in Langtang, we must mention Loshar. Sonam Losar is celebrated in Magh (February-March) with great joy. This festival marks the Tamang New Year as per the Tibetan calendar. Another unique celebration of the region includes Janai Purnima in Gosaikund Lake during August.

Tarna in [Upper Langtang Valley](#) is also equally significant among the people. The villagers also celebrated Buddha Jayanti in Baishak with great joy. Social gathering, visiting monasteries, dancing, singing, and a great feast is people's way of celebrating festivals. However, these festivals and traditions of Tamangs in Langtang have been hidden from the world for many years. The government has opened the Tamang Heritage trail to inform the world about this mysterious land.

### Can you do the Tamang Heritage trek trail solo?

Yes, this cultural trek in Nepal can be completed solo since there are many villages and settlements along the Tamang Heritage trek route where you meet many people. The only problem is that the villagers cannot speak English. So you might get confused about the route. So hiring a guide is always recommended. However, as per the law of Nepal, you are not obliged to hire a guide or book your trip with independent trekkers.

### What is the best time for the Tamang Heritage trekking?

This is among the few treks in Nepal that are equally magical throughout the year. The Tamang Heritage route is more crowded in October/ November, and March / April when there's no precipitation and the

sky is clear. These are the months with a great view, warmth, and festive mood. With many festivals on the celebration, the villages are vibrant and fun. You can also clearly see [Langtang](#) and Ganesh Himal ranges.

However, being a low-altitude trek and quite a well-built trail, the Tamang Heritage trek is equally magical in Moonsoon. Winter means snowfall in all places above Tatopani and Tamang village, adding up to the risk. However, trekking in winter is a bit risky, and it's wise to avoid this season.

## **Additional Information**

### **Permits for Tamang Heritage Trail Trek**

We need two permits for Tamang Heritage Trail. Firstly, we need a local area permit to get into the Langtang region. Earlier called the TIMS card, the provincial government now issues the Langtang permit. You don't need to worry about the [Langtang local area permit](#) in Kathmandu. It will be published after you enter the region. A valid passport, visa, and photos are needed for the license. The cost is about \$20.

Also, you shall need a Langtang National Park permit. This permit controls the unrestricted visit to the National Park and aims to protect the rare flora and fauna. This National park is integral to people's lives, and your money will be expensive. The Langtang National Park permit costs USD 30 and USD 15 for foreigners and citizens of SAARC country, respectively.

### **Tamang Height Trek Trail Difficulty**

Among Nepal's many difficult and dangerous trekking routes, the Tamang Heritage Trail can be called the easiest, with a lot of resting time. As we stroll in the typical villages of Nepal, the path is leveled and easy compared to other base camp treks in Nepal (Like [Everest Base Camp Trek](#)). So, anyone with good physical fitness and zero previous trek experience can quickly complete the journey.

### **Distance of Tamang Heritage and Langtang Valley Trek**





### Tamang Cultural treks in Nepal

This is about 90 km of the journey, with less than 10 km of walking daily. This means you will only be walking for 4-5 hours each day, thoroughly enjoying the beauty of Nature. The distance of Tamang Heritage Trail is not a big deal here. However, some routine exercise before the trip is helpful.

### Altitude

After crossing Nagthali Thuman on the 5th day, the symptoms of altitude sickness can be seen. For some trekkers, it might be seen before that, i.e., from Tatopani. If the symptoms of altitude sickness in Nepal worsen, the result might be death. However, it's easily manageable by taking some easy precautions such as:

- Don't climb over 500m vertical distance in a day.
- Do not rush; walk steadily on the trail and take enough rest
- Add acclimatization day to the Itinerary (11th day of our trek)
- Drink a lot of warm water and keep yourself hydrated
- Avoid all kinds of alcoholic drinks while you are on the trek
- Inform your guide as soon as the symptoms of the illness are seen
- Take medication and climb to a lower altitude if the symptoms are prominent
- Always have travel insurance that covers high-altitude helicopter rescue

## Accommodations in the Langtang region

Tamang heritage trail is one of Nepal's famous tea house trekking trails. Tea houses are small hotels run by locals that provide basic accommodation during the trek. In the lower region, i.e., in places like Syabrubeshi and Tatopani, you might get the standard services with attached baths at higher pay. These are the last points for the classic hotel. Beyond that, i.e., in Nagthali, Briddim, Lama Hotel, and [Langtang](#), accommodation is quite essential. The space will only have a bed, mattress, and a smaller blanket. If you are lucky, some rooms have tables and mirrors. The bathroom can be Indian or Western, but it's mainly on a sharing basis. A hot shower may or may not be available and cost \$2 to \$4.

The rooms might be readily available (and cheaper) in the summer and winter. The cost of the hotel in

Langtang is minimum, i.e., \$4 to \$5, but you need to pay an additional charge for everything else. The newly built tea houses are relatively cleaner and more comfortable.

In [Kathmandu](#), all accommodations will be in a luxurious 3-star hotel, and you have nothing to worry about. All other amenities are comfortable, with a private bath and hot shower. The rooms will be on a shared basis for two.

## Must Local dishes of Tamang

Since we are on a cultural tour, forget about international dishes. Whenever you get to order food, ask the owner to bring something local, and you wouldn't regret it. Tibetan tea cooked with yak butter, Yak cheese, and curd milk is excellent food on the menu. You can also try Sukuti - dried yak meat, Dhindo, and local meat soup. You can try this food during all treks in the [Langtang Valley area](#).

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## Map



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