

Tamang Heritage Trek

Tamang Heritage Trekking is newly launched community-based trekking program in the Langtang Region of Nepal Himalayas. It is one of the most beautiful trekking trail that is culturally rich – populated by Tamang people who follow Tibetan traditions closely and one of the major ethnic communities of Nepal. Trekking in the Tamang heritage trail offers you an off the beaten track experience in a least crowded route with enchanting mountain vistas, **picturesque landscape**, and **scattered villages of Tamang people with distinct architecture of their houses**.

This tranquil trip offers natural Hot Spring pool to dip yourself that is relaxing as well as medicinal value for skin diseases at Tatopani. You can enjoy the arresting views of Langtang Lirung 7,234 m/ 23,734 ft, Langtang Ri 7,205 m/ 23,638 ft, Ganesh Himal I 7,422 m /24,350 ft and other three peaks over 7,000 metres in the range from Nagthali and other viewpoints.

Tamang people – the most hospitable and innocent folk – serve you with their excellent hospitality and smile.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1,300 m/4265ft):

At your arrival in Kathmandu, you meet our friendly representative at the arrival terminal. And, transfer to your pre-booked Hotel for the check-in.

After a short rest at your Hotel, you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with delicious breakfast served at your hotel.

After breakfast, you embark for the tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva and UNESCO world cultural heritage site. The river flowing besides the temple – Bagmati river – is religiously and spiritually noteworthy for Hindus. This is famous place for the cremation of dead body as well as some celebrations such as Shivaratri – Shiva's birthday, and others.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Drive Kathmandu – Syabrubensi (1,550 m/ 5,085 ft) - 8 hrs Drive:

Early morning you start a long drive through the mountainous landscape – but not that boring – of Nepal. You can enjoy magnificent view of some Himalayan peaks and drive through the beautiful river valley, terraced farming field, and pass small dotted settlements and villages.

You drive through historic place like Betrawati – where Nepal and Tibet under Qing Dynasty signed a treaty in 1792 to settle the war – to reach Syabrubensi.

Once you reach Syabrubesi, you can explore the town, it provides with interesting fusion of modernity and village life. You spend the night at local lodge.

Day 04: Trek Syabrubesi to Gatlang (2,238 m/ 7342ft) – 5 hrs walk:

As soon as you finish delicious breakfast in your hotel, you are now ready to start the day with steep climb up for about two good hours. You can enjoy the most impressive view of the Langtang, Ganesh Himal, Syabru bensi, Syabru Village, Chilime village and surrounding as you reach the pass.

Then we climb down to the Goljung valley that is about an hour's decent for the lunch stop. Passing various dotted Tamang settlements you eventually reach the picturesque Tamang village of Gatlang. **Overnight stay at the local lodge.**

Day 05: Trek Gatlang - Tatopani (2607 m/8553ft) – 6 hrs walk:

Enjoy your breakfast at the lodge, and start to walk downhill to the river basin from where you start to climb uphill to Tatopani – small town located in the midst of forest where hot spring pool is situated.

It is quite a long day and steep climb as well to reach the Tatopani.

After you reach your Hotel and enjoy the hot tea, you can go to dip yourself in natural hot spring pool. These types of natural hot spring is believed to be the natural remedy for various skin diseases and to cleanse yourselves. **Overnight local lodge.**

Day 06: Tatopani - Thuman (23,38 m/ 7637ft) via Nagthali (3,165 m/ 10383 ft) – 8 hrs walk:

Today is long day indeed of all your trip. Starting a long walk after breakfast you climb up to beautiful view point of Nagthali village – which is the highest point of your trek as well. It is popular place for Buddhist monks as the meditation center of Monks and Priest located in the jungle. View of the peaks of Ganesh Himal range from here is magnificent.

After this, you walk steep down in the forest to reach the village called Thuman – a Tamang village with culturally influenced by Tibetan practices. You may encounter with Himalayan Gray Langur on the way down. This small town houses a Buddhist monastery as well. **Overnight at local lodge.**

Day 07: Trek Thuman - Timure (1,762 m/5780ft) and Tibetan Borderlands – 4 hrs walk:

It is shorter day for you. You walk steep down to the Bhote Koshi river and walk to Timure – the last town in the Nepal's northern border following ancient salt trade route.

After a short rest in your Hotel, you explore around the historical Rasuwa Fort – the site of three-day battle between Chinese and Gorkha Kingdom in 1792 where the fort was constructed in 1855 after Gorkha invaded Qing-ruled Tibet.

Since 2012 this border has opened by Nepal and China governments for trade and travel. The nearest town of Gyrong/Kyrong in Tibet is some 25 Kms north.

After exploring the border area, and Rasuwa Garhi Fort return to your Hotel. **Overnight local lodge.**

Day 08: Trek Timure - Briddim (2,239 m/ 7345ft) – 6 hrs walk:

You walk through rhododendron forest today. Trek down to the Tamang village at Briddim, which is influenced by the Tibetan culture and lifestyle. The village of about 50 houses has a monastery called Dukchu monastery. The homestay is flourishing here and we can get a splendid experience of exploring the local culture and their practices. **Overnight local lodge.**

Day 09: Trek Briddim to Lama Hotel (2,470 m/ 8103ft) – 6 hrs walk:

From Briddim you walk all the way to Lama Hotel following the ridge of the rhododendron forest. The trail is splendid with view of the villages, steep landscapes, and river valley. Arrive Lama Hotel and stay **Overnight at the local lodge.** Now you meet the trail of Langtang Valley trek here.

Day 10: Trek to Syabru Village (Thulo Syabru) (2,200 m/ 7,218 ft) – 6 hrs walk:

We walk down to Bamboo after breakfast in the morning and then take the upper trail to reach Syabru Village or called Thulo Syabru. Syabru Bensi, the town where you spent your first night is new town developed after economic opportunities flourished, by the people of this village.

This is quite big settlement in the ridge with beautiful view of the terraced field below, jungle above, and beautiful mountains in front. The cultural exposure of Tamang people is also attractive. Enjoy your evening and the night stay here in the lodge.

Day 11: Syabru Village – Dhunche (2,030 m/ 6,660 ft) – 5 hrs walk:

You trek to Dhunche today to finish the trekking. Dhunche is a small and beautiful town at an elevation of 2000 m/6561ft. This is also the major market and administrative town for the district. Today's trekking takes us through a forest and natural wonders before reaching to Dhunche. **Overnight stay in the Lodge.**

Day 12: Drive Dhunche – Kathmandu – 7 hrs drive:

You drive the same road you took the first day to start your trekking. Enjoy the long drive with beautiful landscapes and lifestyle of the mountain people.

Reach Kathmandu; check into the hotel and find some relaxing time. **Overnight in Hotel.**

Day 13: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 14: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport pick up & drop off with representative.

- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ All meals in the trekking (Breakfast, Lunch& Dinner.)
- ✓ Accommodation in the tea house lodges during the trekking
- ✓ Hot drinks. (Tea & coffee) 3 times a day.
- ✓ 4 wheel jeep (Kathmandu - Syabrubensi || Dhunche - Kathmandu)
- ✓ TIMS (Trekking Information Management System)
- ✓ Langtang National Park entry Permit.
- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.
- ✓ All taxes and Services charge.

Cost Excludes:

- ✗ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
- ✗ International air-ticket
- ✗ Travel insurance that must include emergency helicopter evacuation

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.

- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.

- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.