

Tamang Heritage Trek



Overview

Tamang Heritage Trail will take you a culturally enthralling and naturally pleasing trekking destination in Nepal. Though the trail has been in operation for more than 3 decades, the tour is never crowded like other trekking trails of Nepal. Tamang Heritage trail used to be a salt trade route between Tibet and Nepal. The trail offers scenically beautiful views of snowcapped mountains, landscapes, charming tradition settlements of Tamang community and an opportunity to be close with the people.

The people of this region are more engaged in agriculture and making handicrafts goods. Therefore, on the trail, you will get to see varieties of handicrafts goods on the markets. Moreover, the interesting thing about these goods is you can see the perfect deliberation of the ethnic culture of the Tamang community. Tamang Heritage Trail is simple yet perfectly organized trek where the culture, tradition and the bliss of nature are flawlessly showcased.

Journey Route of The Tamang Heritage Trek

The trek consists of walking through the beautiful lush green forest, admiring the white mountains, cascading waterfalls, flora and fauna and crossing the suspension bridges all while enjoying the little chatting time with farmers working in the fields. The trek commences after the informational sightseeing tour of Kathmandu valley exploring the city's fine arts, sculpture, culture and the architecture of the capital city. Tamang Heritage Trail offers the perfect opportunity to learn more about the indigenous Tamang ethnic group of Nepal and Himalayan Social Journey customizes perfect itinerary for those who want to explore the authentic culture as well as the natural beauty of Nepal.

Highlights

- Guided sightseeing tour of cultural heritage of Kathmandu city
- Tatopani (Hot spring)
- Beautiful view of Glacier and mountain range from Langtang to Lirung
- Langsia Kharka
- Get insights on Tamang people, their culture, tradition, customs



and lifestyle

- Explore the stunning Langtang valley

Outline Itinerary (16 Days)

Day 1 : Arrival in Kathmandu Airport

Our airport representative will be waiting for your arrival at the exit point of the airport, where he will welcome you with a beautiful smile and Namaste. He will transfer you to your hotel, where you may rest up your jet-lagged body. After orientation meeting at hotel welcome dinner.

Max Altitude Kathmandu (1,400 m)

Overnight Himalayan Suite Hotel

Meal Dinner included

Day 2 : Kathmandu Sightseeing

Decorated with the perfect structural wonders of the medieval period, Kathmandu alone displays 7 UNESCO recorded World Heritage Sites. From the iconic stupa of Swayambhunath to the spectacular sensitive carvings on the Patan Durbar Square, every site has something one of a kind and fabulous to offer. Kathmandu Sightseeing (Shwayambhu, Buddha, Pashupatinath or Kapan Monastery & Patan Durbar Square).

Max Altitude Kathmandu (1,400 m)

Duration 4-5 hrs

Overnight Himalayan Suite Hotel

Meal Breakfast included

Day 3 : Drive from Kathmandu to Syabru besi

Along the panoramic detour from Kathmandu to Syabrubensi, you will be enraptured by the rich views and Himalayan styled houses with the level rooftops. The road is breezy, and, at places, it might get bumpy. At one point Chilime Hydropower Project site looks on you, while the pinnacles of Annapurna, Manaslu, Ganesh Himal, and Langtang be at a consistent look for certain minutes. As you move higher, the settlements become inadequate while the credible towns approach. From Trishuli, the stream of Trishuli follows your way until showing up at Syabrubensi.

Max Altitude Syabru besi (2,380 m)

Duration Drive (7-8 hrs)

Overnight Guest House

Meal Breakfast included

Day 4 : Syabru besi trek to Gatlang

Gatlang is rich in history and proudly flaunts a century-old Tamang Monastery and the secret Lake, Parvati Kunda, which has a mythical origin. It is believed that the lake was discovered in the past while the King of Gatlang was searching for his missing hunting dog. What's more, local women believe that this lake has special divine power (power of fertility).

Max Altitude Gatlang (2,238 m)

Duration 5 hrs

Overnight Guest House

Meal Breakfast included

Day 5 : Gatlang trek to Tatopani

Tatopani (hot water spring) by its name is the natural hot spring, which is believed to have healing capacity since ages. Dive into this divine water and become blessed with its spiritual power.

Max Altitude Tatopani (2,607 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 6 : Tatopani trek to Thuman

The path drives you down to Thuman by means of a water-driven supplication wheel. Not long before showing up at Thuman lies a registration for TIMS cards. As you reach there, houses with fragile carvings on the window and entryway create the spot with engage. There is a wonderful religious community to invest your energy in by the day's end.

Max Altitude Thuman (2,300 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 7 : Thuman trek to Briddhim

The path from Thuman to Briddhim goes through Lingling. Dropping by the pleasant way decorated with chortens and supplication banners for around 25 mins, you show up at an intersection, where you go left for lingling-the other flank takes you to Syabrubesi. The path onwards is steep and twisted. After around 25 mins of thorough ascension seems a teashop at the Pelko View Point. Take a rest for some time in light of

the fact that, until Briddhim, the ascension is determined with no stop over for rest.

Max Altitude Briddhim (2,229 m)

Duration 6 hrs

Overnight Local home

Meal Breakfast included

Day 8 : Briddim trek to Lama hotel

As you leave from the village the next morning after breakfast, the path crosses Chopche Khola and afterward plummet to join the path that goes corresponding to Langtang Khola. From here, you will experience a serene forest of hustling oaks and clamoring bamboos until showing up at Rimche.

By at that point, limited valleys take you to a portion of the vantage focuses, which opens up the mind boggling vistas of a portion of the zeniths. After some trip, you show up at Changdam (otherwise known as the Lama Hotel).

Max Altitude Lamahotel (2,420 m)

Duration 6 hrs

Overnight Guest House

Meal Breakfast included

Day 9 : Lamahotel trek to Langtang (6hrs)- 3307m

Following the semitropical vegetated trees, you will see tempting views of Langtang Lirung, and the spouting waterway down the ravine adds another measurement to this outlandish setting. With the elevation, vegetations become inadequate while the perspectives sprout all the

more luring. Buddhist people group become increasingly apparent with the chortens and Mani dividers en route.

Max Altitude Langtang (3,307 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 10 : Langtang trek to Kanjin Gompa (4 hrs) 3830m

Kyangin Gompa (religious community) is the biggest one in the Langtang valley. Try not to anticipate a gigantic structure of the Gompa, yet the setting is beautiful. The convention of the Gompa is followed from Guru Rinpoche. Inside the religious community lies many artistic creations of the benefactors and Buddha in various stances (mudra).

Max Altitude Kanjin Gompa (3,830 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 11 : Kanjin rest day

Hike to Langsisa Kharka or Glacier Langtang Lirung or hike to Tsherko ri (5000M).

Max Altitude Kanjin Gompa (3,830 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 12 : Kanjin trek to Lama hotel (6 hours) overnight in tea house.

From the Kyanjim, the trail is almost descending. It takes about 2 hours to descend to Langtang while another 2 hours to arrive at Ghoretabela. Following a few sheer ups and downs, you make up to Lama Hotel at the end of the day.

Max Altitude Lama hotel (2,420 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 13 : Lama hotel trek to Thulosyabru

We can see SyabruBensi from the road that divides in Pahiro, passing through the Bamboo settlement. We've been heading up to ThuloSyabru village for the last few hours. ThuloSyabru is a lovely Tamang town of Langtang, which is relatively more important.

Max Altitude Thulo Syabru (2,250 m)

Duration 5-6 hrs

Overnight Guest House

Meal Breakfast included

Day 14 : Thulosyabru trek to Dhunche

Next day after breakfast, we will trek from Thulo Syabru to Dhunche. It's a breathtaking walk through the trail that passes through a spectacular landscape.

Max Altitude Dhunche (2,030 m)

Duration 5 hrs

Overnight Guest House

Meal Breakfast included

Day 15 : Drive back to Kathmandu

You will be driving from Dhunche to Kathmandu, about 7 hours away by bus after an early morning meal. It's a breathtaking drive that passes through a spectacular landscape. After arrival to Kathmandu, you will enjoy pleasant relaxing evening at the hotel

Max Altitude Kathmandu (1,400 m)

Duration Drive (6-7 hrs)

Overnight Himalayan Suite Hotel

Meal Breakfast included

Day 16 : Transfer to Airport. Departure Farewell !!

Today our airport representative will transfer you to the Kathmandu International Airport for your flight back to home after early morning breakfast.

Meal Breakfast included

Include / Exclude

- Airport pick up and drop
- Transportation by bus Kathmandu -Sebrubensi-Kathmandu
- Three-star category hotel in Kathmandu (Himalayan Suite Hotel or similar category) in twin sharing bed and breakfast basis
- Accommodation in Lodge with breakfast during the trek
- All meals, accommodation, insurance and other expenses of trekking crew
- Necessary permit, TIMS, and national park fees
- Guided sightseeing tour in Kathmandu by private vehicle
- Necessary equipment (Sleeping bag and trekking pole) during the trek.
- Welcome Dinner
- Thirty minute special massage at Himalayan Suite Spa
- Government Tax and service charge
- Lunch and dinner during the trip except welcome dinner
- Personal equipment and your insurance
- City sightseeing monuments entrance fees (NRS 200+ 400+ 1000)



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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